You Are the Blessings

Meditations and Reflections
on Life, God and Us

John Morton

You Are the Blessings

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For Claire and Zane
You Are My Blessings

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Foreword

by Paul Kaye, D.S.S.

A few years ago I was talking to a friend, Bob, who had recently recovered from a serious fall in which he had severely damaged his leg and broken his thigh bone. He was an active man and had spent a lifetime practicing the martial arts, so to be confined to a wheelchair for a year in convalescence was a great challenge for him, particularly with the prognosis being that he would spend the rest of his life in that chair. His specialty art was Tai Chi Chuan, an art done for health as well as a martial art, one that is usually practiced in slow motion. A good friend had visited him and said, "Now is the time to use everything you know, Bob." He used the time to reexamine everything he learned about the art from the time he studied it as a youth in San Francisco, through the years of study in Taiwan, up to the present time. He sat in his chair and went mentally through each movement, its mechanics, its flow. He did this hour after hour, day after day.

Bob was speaking to me this day standing up. He had a limp, but it had only been a year since the hospital and he had no residual pain or arthritis. He

was telling me how his Tai Chi Chuan practice was far better than it had ever been; in fact, thanks to the time in the convalescent hospital, he had finally got what the art was about. As I was listening to the goodness that came out of his recounting the history of his recovery, I blurted out, "What a blessing!" Bob, an intense man, immediately jumped at me and, pointing his finger, shouted, "No!" He then softened his voice and added slowly, "I made it a blessing."

I was stunned. Viscerally, I wanted to burst into tears. Energy coursed through me. Bob had revealed a truth to me in ways I had not imagined. Indeed, the key to the blessings in our lives is in our hands. We make that choice with our thoughts, our feelings, and our actions in any given situation. As John Morton explains in this beautiful book, *You Are the Blessings; Meditations and Reflections on Life, God and Us*, the choice is always with us.

John is known as the blessing man. It's not just because it is a blessing to know him; it's that he has a knack for blessing everything around him and bringing blessings where, a moment ago, there seemed to be none. In this book John passes on to us that knack and, through its pages makes it easier for us to see the blessings all around us and to choose into them more frequently. What a blessing!

Preface

I am inviting you to open yourself up to this truth of your being: *You Are the Blessings*. The blessings, the opportunity for greater good, are always present in you, others, and the world around you. All that is needed is to bring your awareness to that truth, follow, and choose as best you can.

You can always begin by asking for more awareness of the blessings in what is present. In Genesis, the first book of the Bible, God declares with each progressive day of creation, "It was good" (Genesis 1). There is a divine authority placed within each of us to claim the blessings through our trust and faith in the intrinsic good in everything. Even if you do not recognize that divine presence right now, it is present. The blessings are available here and now. Each of us can partake and share in them. It may simply be a matter of catching up by doing your part to manifest greater good in some way. You can always start by looking for the good that is present and realizing your gratitude. You can look for even greater good by asking, "How can I assist? How can I make things better inwardly and outwardly?"

Even when we do our part, there is a point at which we let go. We realize that, regardless of the

outcome, we did what we could do at the time. We let go of thoughts that things should have been different, and we let God reveal the good in what is present and what is to become. It is important to recognize and acknowledge the Divine source and find value in what we experience.

It is your destiny to be blessed. As John-Roger has said, "Man is to have joy and to have it more abundantly." It is God's will. So claim the blessings and know that you are worthy to be blessed. Be involved. Be engaged in your upliftment and growth. Are there challenges? Certainly, but the challenges are giving you opportunities to learn and gain and often are found to be indications that greatest blessings are in process of becoming manifest.

Remember, you always have a choice. You can experience life as something on the order of a curse and as being against you, or you can consider life as continuous blessings. When you relate to everything in your life as blessings, you are choosing to love, accept, and cooperate, to be patient and know your strength more fully and completely.

When a situation seems particularly challenging, ask inside, "How is this situation, as it is, already a blessing for me? What can I do to allow more blessings to

come forward?" Even though the blessings are already present, there are always greater blessings yet to become fully manifest. There is always greater good present that is yet to be discovered and manifested in yourself and in the world. By moving your conscious focus towards the blessings, you are blessed even more.

What if God's blessings pour forth to such a degree that we cannot contain them, that our cup overflows? Consider that the blessings are pouring forth all the time. In our limitations, we may not recognize the blessings; we may not understand or comprehend. Remember, too, that as we claim the blessings, we will be given what we can handle and as much as we can handle. So be prepared to find out how you may limit the blessings and how you also have choices that release and diminish those limitations.

As you attune to the blessings, be aware of what takes place inside of you. When we experience disturbance or pain, we often are being shown places where we have closed ourselves off through some form of denial or judgment. The loving energy that is there for us as a blessing is then closed off and restricted, so we may feel hurt or disturbance. So consider that when something hurts or presents disturbance, it asks and perhaps even requires that the unmanifest blessings be

released. Your awareness and focus are keys to releasing the blessings.

The greater reality is that everything is a blessing. When we truly understand, we see the truth, we comprehend, and we relate to everything as a blessing. Even the most challenging situations, the most difficult and the most painful, are all blessings.

So call forward greater blessings, because you can and because, as a creator, choosing the blessings is freely presented as a continuous opportunity. Have the wit to choose the blessing rather than deny or negatively respond. Always call to God as the source, and choose the blessings in all ways—not necessarily in words, but in your attitude and way of being.

Welcome your life completely. Greet it as a long-lost friend or, even better, as your best friend. Even if that seems strange to you or your situation appears as something against you, embrace and love it all. Trust and have faith in the goodness in all things. Welcome the blessings of who you are, and remember to give your heartfelt thanks, a prayer of praise and faith in God's blessing upon all things.

The Blessing

Father-Mother God, we give thanks for Your presence through the Holy Spirit and the Christ, that You have sanctified all of us and all of Your creation. You have increased Your purpose within us, and You have shown us all the ways You bless us. And though we may not consciously know that now, through Your endurance and patience we will awaken to the truth of who we are and the glory always present with us in this world. Baruch Bashan.

Introduction

What if on the day you were born into this world, you had a visitation from a Divine Presence who revealed to you the essence of your entire life experience?

You were shown in infinite detail your total life potential, for better or worse, based upon how you chose to respond to each and every situation. You were shown what you would or could look like, your character from best to worst, and how you would or could grow and develop. You were shown your parents, family, neighborhood, friends, enemies, and all the others. You were shown what could or would happen to you and what you could or would do in response. You were shown richer and poorer, sickness and health, gains and losses, successes and failures, and much, much more beyond your human comprehension.

You were even shown everything about the world that would or could happen, extending from whatever was past through whatever would or could happen in the future. You were shown all the ways you would or could pass through this world from birth into death and beyond.

You were shown in truth how this part of God's creation was conditional, such that a range of choices, a kind of continuum of possibility with freedom to choose any choice that was present, was the reality of this universe and particularly for this world in which you were about to be born.

In truth, you were shown everything. Yet not everything you were shown could or would happen.

You were shown in profound clarity that, in truth, who you are is a Soul who transcends birth, death, and everything in the world. While your human life would be conditioned and limited, your spiritual life as a Soul would be absolutely protected and would remain intact while living in this world.

You would know your true self as a co-creator with God. You were shown that all of what would or could happen to you or others or in the world was part of God's creation, a one-and-only creation outside of which nothing else existed.

Through all that you were shown, you realized the constant purpose for good, ever greater and complete good, that would eventually be fulfilled perfectly just as God's will intended all along the way.

You were understandably quite amazed by all that you were shown about your life. And you were

told, "I am the Blessings. I am your Blessing forever-more." Now in whatever ways you live your life in this world, always know you are the Blessings.

Baruch Bashan

I usually end my talks with "Baruch Bashan" (pronounced bay-roosh bay-shan). It is a statement that means "the blessings already are"—that blessings are present, and all we have to do is to partake of them, enjoy them, and appreciate them. That is what a genuine relationship with God and Spirit is really all about: The blessings of God are present and available.

Abundance

Every experience adds to you.
Be patient while you are adding up your gains.

Reflection

Imagine what you can become even if you do not see how to apply yourself now. Imagining works to create. Look for the next steps involved in creating what you want. Tune in to the enthusiasm that comes with your experience of making progress. Find how you can best cooperate so that your experience is more joy, more peace, more understanding and so that your life becomes a greater contribution to all.

Know that there is nothing to fear. Convert fear to your friend by confronting it through greater strength and trust. Invite fear into conversation. Find how fear brings to you your next steps for your uplift-ment and growth. Be patient as you hold for each step to come forward in ways that work for you and with whatever is needed. Be open to all the blessings in store for you in the ways and timing of the Lord.

Inside of you, there is a place of tremendous richness, a vast array of beautiful treasures and riches, enough for everyone and more than you can behold. Understand that what you can behold is yours. So if you can see it, it is yours. There is no limit on what you can behold. So do not even consider the limit. God offers you the kingdom, and throughout all this

kingdom there is no lack. There is no limit.

Understand your abundance, your wealth of consciousness. Behold yourself and everything as precious of God, as the blessings of God, and give thanks.

In the Bible it says, "He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully" (2 Corinthians 9:6). When we place ourselves in alignment with the Spirit or God as we know It, then God will place who God is and what God is in alignment with us.

So if you are sowing to God, if you are placing your energy and your life towards God, then God is what you bear. God is the fruit or the fruits that come to you. It is a simple idea, and, of course, it is neither unique to any person nor new. It is written in the Bible, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). That is God's promise to us all.

All people are wealthy and beautiful in their essence, regardless of their material circumstances. If someone is living on the street, it does not mean their life is lacking. That is just a judgment we can make about them. Even if they are complaining, moaning, and groaning about their life, that is a judgment the person is making about himself or herself. It is not the truth of

who they are. In truth, they are blessed with the infinite beauty and wealth that is God.

If we are judging our wealth, it is important to let go of our judgments. With finances, it is particularly important not to judge that we do not have enough. We do have enough. In fact, we have plenty and more than we need. If we judge our finances as not enough, we may then be shown by the world the reflection of our judgment. We may then experience even less in order to help us realize the blessings of our true infinite wealth.

Rather than focusing on lack, it is important that we utilize money and all the forms of wealth in ways that demonstrate that we know there is plenty for all in the world. The limitations come from how the wealth in the world is valued and shared. Imagine if all of us in the world shifted our focus to freely sharing the wealth rather than on withholding, counting, or determining worthiness. Let us not focus on condemnation but rather on how to put the wealth to greater use and to increase benefit for each and every one together.

Regardless of whether there is a greater utilization of the wealth in the world, each of us can look at the immense value that every experience brings forward. We can always learn from any experience because every experience has value for our knowledge and

wisdom. Every experience increases us. Every experience is a blessing.

Money helps us identify our needs and our values. Money is a blessing as a valuable commodity for learning how to take care of ourselves and discovering our priorities. It helps us focus on what is really needed and important in our lives, including having shelter and clothing and making sure everyone else has food and clothing. Eventually, we all learn that we are blessed with more than enough for what we need.

Even bankruptcy can be a way to know we have more than enough. After years of piling up debt, the freedom that comes with the choice to let go can enable us to see the blessings of wealth that are already present. Letting go of judgments about lack and about being perceived as incapable or a failure can allow for our true wealth to be known to us. Every situation is a perfect teacher about loving our lives. Our challenge is to let go of negative fantasies that just end up limiting what can be changed for the better.

Do the best you can with your life situation, including those times when you do not consciously understand or have clear direction. You are learning to trust yourself and trust God. Remember to relax and be patient. There is value in learning to wait upon the

Lord. Waiting can help you prepare for when the opportunity actually becomes available for your choosing. As you endure, steer clear of judging your process, which can distract and waste an opportunity. Trust your process, knowing it is bringing you experiences and blessings that are important in the timing that is best for you.

Trust that your life is always an opportunity to better know and understand what God is doing with you and all here in this world. You can trust that God understands that you want more enjoyment, that you want to contribute and participate in making your life work in ways that are happy and fulfilling. That process is already in motion and becoming the reality of your life. It is already taking place, and you are allowed to participate fully as your destiny. When you do fully participate, you can experience improvement in the conditions in which you live and upliftment within. Each new experience contributes to your wisdom and growth.

The reality, however, is that we are already wealthy, regardless of how we participate or the conditions present in our lives, and that each of us has been wealthy from the beginning. Although that may not necessarily make sense in your mind, consider your experience in total. There is dynamic progression. You can learn to accept and understand that things are perfect as they are

and in other ways that are in process, regardless of any negative conditions that appear. The negative conditions in the world are all temporary. The conditions of God are always available for greater good and are created to become the highest good. God's will is a progression into a higher state that transcends whatever is found in the world. It is already done through what is true in Spirit.

There is no urgency. Our needs are met. The conditions in the world are inherently perfect the way they are and always potentially better through greater manifestation of what is to become. We can relax and participate in the blessings yet to become manifest, knowing that with God all the blessings are not just possible, they already are.

Message

We do have more than we need.
We are abundantly taken care of.
We are provided for.
Because of our material nature,
sometimes we manage to forget that.
We tend to lose track of our protections
and what we are afforded.

Most important is to remember
that life itself—
this moment, this breath—
is a great blessing and vote of confidence
that we are all doing fine.

The Blessing

Dear Father, dear Mother, of the consciousness of God, we give thanks that You have chosen us and that You have brought us forward as Your children who are awake in the Spirit that is holy.

You have strengthened us in our resolve to be creators in Your way, that it is just, that it is balanced and harmonious. We are abundant and prosperous, for this is Your way, and we proclaim Your gifts.

We remove what has been sowed and seeded in doubt, fear, and mistrust. We remove what has been brought to bear in the consciousness of hatred and negativity.

We see Your light so powerful that it burns these things into the nothingness from which they came. Behold, we see the beauty of Your creation, the paradise that always remains, regardless of what takes place in the world.

Our trust is placed with You in the Spirit, for this is how we worship. This is how we come before You.

You receive us, and You show us that in our hearts we know the truth that is eternal, the love that is unconditional, and the peace that is towards all.

We are anchored in this seeding, that You have

witnessed what we have placed before You. And You have accepted our offering and returned it to us in kind. We are joyful for what we have given and been given in return.

And now we are seeing the endless cycle of what You have placed in our consciousness as co-creators.

From the beginning, we are to become those who give and receive joyfully, who proclaim Your witness into all Creation, and who know that Your will is done. You are mighty. You are triumphant. We are Yours, and You have us.

Baruch Bashan.

This Blessing is on Track 10 of the CD.

Acceptance

Shift towards the liberation, the beauty of the moment, the willingness to embrace the impact, the hurt.

Something powerful goes on whenever we direct ourselves towards accepting and cooperating with whatever is in our presence: we move closer to God's presence in all things.

Reflection

When we consider all the people on the planet, it is often difficult to see people as loving, and it is not our place to decide whether they are worthy of love.

Always consider that everyone and everything was created in God's love and that each part of God's creation has a blessing for you.

Reflection

How a person will enter into a state of God is often with a sense of, "Well, I don't know what I have to offer, but I'm surrendering since it's all I have. It doesn't really seem like it's worthy, but I'll give it anyway. Maybe God can find something precious in it."

Then God reaches into you, pulls out the most precious thing, holds it up before you, and says, "This was in you all along, and this is who you are."

God lets you look at the majesty of your own being, and in that moment you are transformed.

Reflection

My conclusion is that the true nature of the creation is perfection, so there is nothing inherently wrong with it.

As we go into acceptance and we flow and cooperate with how things are, this still allows for us to be individual creators. We can in some way participate in the dynamics of what is truly going on and still maintain harmony with the creation. And then there is tremendous ability in how we can create, as we are utilizing the ability that comes from God.

Reflection

As you gain altitude in your awareness, you realize there is perfection all the time. Even time itself is a process of perfection.

There is no rush or urgency. Everything occurs in a right and proper way.

Even with whatever is unnecessary, as much as that might be in this world, we can find value and learning through all that occurs. We are learning how we can turn whatever occurs into that which lifts, balances, heals, and serves.

Reflection

God is not here to do something so you will like it. God is here to bring you what is true, your authority.

You came here to be more conscious, to know that you have what it takes to find the answers inside: the divine presence, your true nature. You are in the correct place to become you.

If you are looking for something here to do it for you, you will be disappointed. If you are willing to trust yourself and not allow someone outside of you to determine your life, then you are in the right place.

Meditation

Take a moment in your consciousness to bring forward your abilities, your divinely ordained abilities that were placed with you from the beginning.

In the consciousness that is the Father-Mother God, we bless these abilities. We see that they are all right and perfect. This means the doubts must go. The self-judgment and self-limitation can freely be placed away where they belong.

You now realize that self-restriction of your abilities is not necessary for you, and you are free. This is the reality of who you are in this world.

From this consciousness of freedom, you can choose to live your life as a contribution from the goodness in you and the goodness that is all of God's creation.

As you accept that commission of the Spirit, you realize that whatever situation you find yourself in is perfect, ordained by God to bring about your contribution, that the gifts that come from Spirit are awake in you.

As you give freely of the expression of these gifts and share them freely with all, you are blessed. You are blessed with greater abilities and greater gifts, and the joy is uncontained.

This is the mark that you are maturing as a consciousness, that you are a joyful giver. You give freely to your life.

In this process of giving freely, you receive the anointing of the Christ, that consciousness of the true Spirit that is of God and you.

For you are born of God, whole and complete, fulfilled as His chosen one, and now you choose back.

Baruch Bashan.

This Meditation is on Track 13 of the CD.

Caring

You're not here to solve others' problems or conflicts. You're here to take care of yourself.

And in that place, there's a blessing of God. There's a blessing that goes forth from you—not because of you, but from you—that is caring towards others.

Reflection

One of the great signs of participating with and awakening to our divine nature is that people help and care as a way of being.

These are the people who are anointed, who become radiant beings walking amongst us. These are the ones who are demonstrating how to "take care of yourself so you can help take care of others."

Doing Good

Let them say about you that you
are an angel sent from God.

Reflection

Keep doing good things like enjoying and appreciating your friends, instead of wallowing in your lot; like serving others in your work and good nature, instead of wallowing in your lot; like taking a moment to be with the Lord in all His benevolence and adoration for you, instead of denying yourself as the negative power would have you do while wallowing in your lot. Look for your strength to rise up regardless of the conditions that appear to test you. Do something good just because you can.

Reflection

Do so much good in your day that you are exhausted from the satisfaction. God will take care of the rest.

Faith

Do those things that support your faith and just leave the rest to God. It's a great arrangement.

Reflection

It is every Soul's heritage to overcome denial. We do that by our faith.

How do we do faith? By paying attention to what in reality moves our life.

If you do not know where to start, start with your breath.

Forgiveness

Forgiving is a choice to let go, put the situation in God's hands, heal, and move on.

Reflection

Everyone has the opportunity to experience a visitation from the Christ as the Beloved. It may come into your midst in the most difficult moment, so be prepared. Let go of the past and forgive.

Reflection

When you wrench and gnash your teeth, forgive and forget as soon as you can, *now.*

Prayer

Dear Lord, we ask for Your blessing.
We have come to You in forgiveness—
first of all, the forgiveness that You have issued
to all of Your creation,
that You do love regardless of what is done,
regardless of the state of Your creation
as it moves through all the emanations,
all the forms, all the precise moments.
You love unconditionally, and we come to You in this love.
We come to You in Your sound, in Your silence.
We simply come to You as we are,
in our own acceptance, in our own unconditionality.

We have let go of the judgments.
We have let go of any condemnation
that would hold negativity into our presence.
And we still may not know how to let go or surrender
completely,
for we hang on to our ignorance, our stupidity,
our rigidity, and our karma,
that which we have done that is unnecessary.
We continue and we allow it to persist.
And we give thanks that You let us bring this to You.

We ask for that presence that is the Lord,
the Lord of us all,
by whatever name it is called,
that Lord, the supreme, who is forgiveness.
We bring it to that one,
that we may offer it up in our humbleness,
in our willingness to let go.

We find that what remains is our purity,
our clarity, that which is the true glamour,
that which is the brilliance, the purity, the light.

And as we are willing to forgive ourselves,
we render this forgiveness unto others
as the love of the Lord that You bring to us,
which unburdens us and takes from us
that which is disease, anguish, condemnation,
that which is the wedge in our eye that would not
allow us to see.
So we now see clearly.
We behold the Light and love
that is the Holy of Holies.

And we find ourselves upright.
We are whole. We are strong.

We are full of the vitality,
the life force that is the Spirit.
And we find that it is radiating to all.
We realize the simplicity of this moment,
the blessings that are always present.

We accept this commission,
which is the way of the Lord, the anointed one.
We find that it is to love all regardless,
to forgive all regardless.
And we know when we have lost our way,
we are to forgive, we are to accept.

In this presence, we realize the contributions that you
are always making.
Every experience teaches.
Every moment offers an opportunity to gain,
to grow,
to move past that which binds.

We breathe this in,
that it is radiated to every part of our being.
And we breathe it out,
that it is going freely to all.

And again we ask that You place into us this
consciousness that is awake,
that we may always know it.
And again realizing our humanity,
that we are bound to forget and to lose track of our
divinity
and the divinity in all,
we accept Your forgiveness.
And we understand that as we bring this forgiveness
within,
it creates the greater capacity to go out.
And so we do.

Baruch Bashan.

This Prayer is on Track 6 of the CD.

Gratitude

When you don't know or understand something, rather than curse it, you might want to thank God and consider that something is being removed from you that would really disturb and hinder you if you were aware of it.

And you can also thank God for whatever you do have in the moment.

Use every condition to become better.

Reflection

Be thankful.

Understand that everything comes by grace. Even when we create that which would go against ourselves, that process still becomes one where we learn so that everything can be used for our upliftment.

Just imagine that ability to turn everything for the good even when the intention went against it, even when the creativity went against it. God still says, "No, I am not going to allow for anything less than good. I will not allow for it ever."

That is an amazing creator. And that is the one God for all.

Reflection

One of the primary ways to love any condition is to be thankful for it.

Start out with gratitude, and realize that if an adjustment is needed, it is an internal one. There is no use in blaming the outer condition by asking, "Why?" or "How dare you?" or creating a sense of betrayal or saying, "I don't deserve it."

You might as well look into the mirror and see that the conditions are reflecting your relationship to yourself. Realize that at some level, the conditions have all been agreed to by you and that every condition serves your learning and growth.

Reflection

As you realize your life is a gift, move into your gratitude. Find your natural willingness to give from the overflow that is your abundance and prosperity. Look for ways to honor your relationship with God. Acknowledge God as the source of wealth, abundance, prosperity, and riches.

Gratitude brings an experience of greater love. Contribute to the loving in this world through your gratitude. Tithing and seeding are ways to honor God as your source, to share the gratitude for the abundance present, and to bring forth prosperity and riches.

Tithing is a way of acknowledging God as the source of the blessings and of all things, as we give back as an acknowledgment to God for what we have received. When we tithe, we give to someone we consider to be our spiritual source, who or what we identify as our connection to God in this world. When we understand the assistance that we are receiving spiritually—and tithing very much has to do with that—we have some understanding that someone is sent from God to assist us. We claim the blessings of that help that comes in the form of a teacher, a wayshower, someone who has that voice as a source of our spiritual teaching.

We give back to that source from our gratitude.

Seeding is giving to what we want to receive. It is planting a seed to have the fruits so that we reap what we have sowed. Again, we give to the spiritual source of our learning to accept our seed on behalf of God that we are planting for blessings to come.

Seeding is one of the ways that you can practice your communion with God. How you conduct it is very personal, and you can consider the value of what you want to receive and the seeding that would be appropriate to that value. Then seed with trust and faith that God will take care of what you have placed into the trust of God. Then you let go and let God.

Neither tithing nor seeding requires money, although money is often involved in both. Seeding and tithing require something that represents value in your offering. Sometimes you just make an offering of something of personal value. Maybe it is just the offer of what you are doing in the world. Maybe it is simply offering the blessings of who you are.

What you are seeding for is yours because you are an inheritor of God's kingdom and of all that has been created. Give joyfully with an attitude of gratitude for the blessings already in your life, knowing there are blessings that are present that are yet to manifest.

Give thanks in this moment for all that God has provided to you and others. Remind yourself that you have been afforded great things, great protection, and great value in your life. Where you have miscreated, where you have misunderstood and gone astray, these are simply opportunities to remember yourself in God.

Remember the inherent goodness in all things. Forgive and love regardless of conditions. Claim yourself in the order of God.

Baruch Bashan.

Reflection

We all have an opportunity right now to be grateful, grateful that there are lights that illuminate the room, that there is peace here, that our stomachs are not gnawing in hunger. And if our stomachs are gnawing in hunger, we can be grateful that we can remember a favorite song, that we can sing to ourselves to help us get above the hunger.

We can be grateful that we have people who care about us. And if we don't find people who care about us, we can be grateful that we can care about people.

The choice to care is ours alone. But in Spirit we are not alone. God will help us in what God is doing. And in what God is not doing, there is not much, if any, help there.

Message

I am grateful when my illusions are shown to me.
God is showing me what does not work,
as if to say,
"Over here. Not there.
Over here. Re-focus."

I am grateful when I have the wit to change,
when I have the wit to let go of my expectations
and to embrace how things are working—
in this moment
and then the next moment
and the next.

Happiness

Go on a happiness safari. There is no limit on how much you can hunt when what you are looking for is to be happy. And if that pursuit takes you into the wild, then be wildly happy.

Reflection

My experience is that God made humans in a very natural way.

God touched us, blessed us, created a certain kind of genius and gifting. And when we are on to our true nature, when we really are in tune and openly expressing our human nature, we thrive. And when we are not on to our true nature, we feel awful because we are missing what is in our hearts.

So if you are not happy with what you are doing, that is a sign. It may be a sign that you have a bad attitude. Just correct your attitude. It may not be what you are doing that is causing the disturbance. It may be the way you are approaching what you are doing, and that is a simple fix.

Adjust your attitude to focus upon whatever is the greater good, which is your blessing.

Reflection

You can choose to be happy if you would rather be happy than miserable. And consider that happy is a choice. Are you willing to make that choice? Are you willing to let go?

I know when people are miserable, and I know that when I am miserable, I am hanging on.

Are you willing to let go to be happy? God is happy.

Reflection

If something makes you or someone else happy, why object? Why judge or resent happiness?

Aha! Maybe I got you there, because if you are unhappy there is a tendency to stay put and withhold the happiness. Holding back joy allows for less-than-happy to take down (not up) residence. Holding back joy is simply resistance to being free. Let go of resistance by becoming involved in what makes you happy. Happy people do this.

Have you ever noticed that happy people are very spontaneous? They are open to participate. They are willing to be foolish if that brings happiness. They are willing to dance even if they don't know the steps or even if they don't have feet. They are willing to sing when they don't know how to hold the tune or remember the words. They become involved in joy regardless of what people, including themselves, think about it. They are free to laugh and laugh freely.

Maybe happy people are considered nuts, but they are happy nuts. What better choice do you really have than to be happy?

Be happy.

Reflection

Did you know you have the power to have your mind bring you to happy thoughts?

That is the primary power in happiness. It is a state of mind. It is the way you look at things. It is how you relate to things.

Set your mind free in the ongoing pursuit of happiness.

Reflection

John-Roger has said, "If you want to be happy, do happy things."

That may sound simple, or maybe you think you do not know how to do happy things. Perhaps you blame someone or something, and that gets in the way of your knowing your happiness. Happiness is a state of mind, and your mind is free. You can experience happiness in your mind by having happy thoughts, and those happy thoughts have power. Regardless of what you are doing or what has happened, you can choose to be happy and share the blessings of your happiness.

You can feel happy simply because you experience happiness in your nature. Real, lasting happiness does not come at the detriment of others or through againstness or denial of reality. You can learn to be happy and not in conflict with others or situations, regardless of what is going on. Others may not agree with your happiness. They may think that you are responding inappropriately. Clearly, there is too much pain, suffering, and misery in the world, so there is no need to add to it. If your happiness is misunderstood or judged by others, you can turn it to peace, understanding, and compassion by choosing to be happy regardless.

When we are attached and trapped by demanding against the world in some way, we can assign ourselves to our misery like a ball and chain. We can become imprisoned by our disturbances, frustrations, irritations, and dissatisfactions. The more you can learn how to get along with what you are involved in, the more peace and happiness you can know in whatever you are doing. By opening up to your happiness within, you have a greater opportunity to bless the world with your happiness. When we are happy, we are spontaneous and open to participate. We allow our creativity, that happy energy, to move out into the world and touch others.

When you find yourself being serious or worrying, allow your higher nature to lift you so you are more aware of your joy and the joy in others and situations. Choose to have fun, even if others criticize you by saying you are making fun of a situation. You can say, "Yes, I am making fun of it! I would rather have fun than be serious and somber." In that way, you share the blessings of your happiness.

For example, bowling a strike (knocking down all ten pins with one ball) is likely to make us feel happy. If by great chance we have a perfect game of all strikes, we would feel even happier. Yet even if we bowl three perfect games in a row, there is still that next frame

to bowl. Whether we make another strike or not, it is our choice to be happy regardless. Our happiness exists whether or not we make another strike or throw the ball into the gutter. We can claim the blessings of happiness regardless of what happens next.

The more at peace you are with what you are doing, the happier you are going to be. You are going to be one who serves better and does better. You are going to be more fun and pleasant to be around. Let the perfection within you be the source of your eternal happiness. The more you allow that perfection to be, the more you are going to find out that you are happy and satisfied in relation to what you are doing in the world.

If you keep finding it difficult to be happy with what you are doing, then consider you need to change what you are doing. What you are doing may not be working, regardless of your attitude. Let your happiness be your guide. Ask, "What would make me happy?" Take a moment to let your happiness show you. Be willing to do something about matching what your happiness is showing to you. It might be as simple as asking for what you want. Perhaps that takes your courage. So be courageous when your happiness is on the line. And remember that your source of happiness is

within you, not outside in what happens or what others do. Be happy just because you can.

Choose to take the Light road, the Light option, to relate to whatever is going on in a Light way so you can enjoy yourself and have fun while you go through it. You can laugh or you can cry. You can enjoy yourself or you can suffer. Happiness is always your choice. You are so blessed in who you are that you can feel happy no matter what. You are powerful enough to choose to be happy, regardless, as a kind of peace even if there is severe conflict and pain in your midst.

Know the blessings of happiness through your trust and faith in God. Trust yourself in relation to God, that everything that ever takes place in your life, in all of creation, is never against anyone. Be aware that God sustains good, all the time, every time.

When we are consciously in accordance with that knowing, we have trust in God. We have trust that what is being done, what has been done, and what will be done is good. There is no point in fighting with it. There is no point in judging it. There is no point in being unhappy with what is. When we have doubts or fears or when we judge ourselves, we can always let go and choose to be the blessings of happiness.

Higher Awareness

In the higher perspective, you can see the great design. You can see all the harmony and perfection in the whole, that everything is connected and integrated in perfect ways.

Reflection

One of my constant prayers is that I express the highest consciousness I know: unconditional loving, acceptance, and forgiveness.

Message

Please, do not be cross with me,
And I will hold the same for you.
Let us be about our purpose with God,
That together, in this moment,
we may behold the grand design.

Meditation

Begin by engaging the part of you that calls upon all the blessings available to you. Be on purpose with yourself right now, and ask for the consciousness that is Light and love, the consciousness that is the Christ. And through the Spirit, the Holy Spirit, you breathe this in.

As you breathe in and out, you are choosing to receive and choosing to give. In this moment, come into a neutrality with your life and let yourself be present with acceptance.

You let your breath be here with you completely, wherever you are and in whatever circumstances you find yourself.

You may find it important that you close your eyelids so you can have a better awareness of what is going on inwardly. Let go of the world for this moment. You are protected. There is no need to guard.

Take a moment to see a light that radiates from you like a beam or a ray, that if you were slowly turning 360 degrees (that means all the way around) at about 5 degrees every second, then in a little over a minute you would be scanning into every part of your life and seeing this light radiate. As you can see light radiating into whatever you look upon, there is a clarifying and lifting.

Notice the care of this light. It is not too slow, taking just enough time. The light gradually becomes brighter, like a dawning. There is no urgency in the dawning, and the brightening of the light is in a perfect rhythm. You can sense the light radiating from your vision, so you may see energies or things coming before you, which you keep allowing to pass as no longer concerning you. You realize that you do not need to know what is taking place in every way.

As new things are revealed to you, simply allow yourself to look with openness and a sense of understanding upon whatever you see.

You realize that you have an agreement from long ago to allow and accept that each occurrence has a purpose. As much as you would want something to change to what you like, to be different, you realize the great importance of always beginning with acceptance.

As you come into the acceptance in a deeper way, there is loving, there is understanding, and there is compassion towards yourself.

You realize you come to a consciousness that observes, that is always above what is taking place below. In this higher perspective, you can see the great design. You can see all the harmony and perfection in the

whole, that everything is connected and integrated in perfect ways.

Take a moment to scan within yourself through the body, through the inner consciousness that is the mind, the emotions, and all the ways that you would perceive yourself physically. Within your own consciousness is a point, sometimes referred to as a still point or a center point. It is a source of light. It has no bounds, and it radiates in every direction. You realize that you are always in a consciousness of illumination that is the Light.

Baruch Bashan.

This Meditation is on Track 5 of the CD.

Know God

The inner reality of Spirit will always be better than the outer manifestation.

Reflection

God's the kind of guy you can trust.
Your part can be simply to be,
to hold the Light,
to let the Light guide you in each situation.

Reflection

Imagine that you have a companion, a friend, who is always available to you, who always knows the answers, understands you, loves you, accepts you, laughs at your jokes, comforts you, tells you what you need to hear even if you don't want to hear it.

That's your friend, who moves past your objections and loves you in a way that really loves you.

That presence is the Spirit.

Reflection

In our midst is paradisiacal glory, a brilliant garden full of life, thriving in light, flourishing in perfect conditions. And the sounds are magnificent, a kind of celestial symphony.

This is a glorious day full of every beauty. We are all children at play, who know God is playing in our midst.

This world was made for us to visit and learn of the glory of God in Spirit. We are not in control of this world, which is best left to God.

In this world, we all know how difficult it can be to just be ourselves, to own our experience, to be relaxed in who we are, and to not be fearful about our life.

Spiritually, when we behold who we are, we realize that there is nothing that can happen to us, bodily or elsewhere in the world, that we fear.

It can be with great trepidation that we go forward in this world, asking for God's protection. We ask for God's guidance to lead us not into temptation and to deliver us from those things that are not necessary.

People want to make evil something that is boxed and categorized. It can all be declared evil. That is how the negative power functions. It is a great lie to

twist and turn anything and everything into something that negates God and negates good.

Failures come by the judgment that something is less than God and less than good. That is the great lie. There is no failure. There is only God. And God is entirely good.

Reflection

When you see the Lord, catch up. When you stray, the Lord is prepared to follow you and follows wherever you go, calling to you to come to where you belong, waiting ever patiently until you choose to return.

Reflection

It's interesting how it is said that both God and the devil are in the details. I find that once all the details involving God are considered, the devil is nowhere to be found.

Reflection

You are powerful enough to put aside the burdens of this world. You are big enough to overcome the gravity, the weight of it all.

Sometimes it seems really weighty, like, "I could spend all my waking hours dealing with the burdens of it all." Yes, seemingly you could. And that basically becomes hell. When all you are doing is attempting to resolve what is going on in this world, you will spend your waking hours attempting to resolve this world.

But this world is not for you to resolve personally. It has been resolved in the consciousness of Christ, the Beloved, the one who is anointed by God as the Light, the truth, and the way.

Sometimes the Beloved overwhelms us and stops us in our tracks when we find someone who is in need.

What is our life about? Is it about acquiring things? Having lots of money in the bank? Is it about having recognition publicly?

Or is it about touching God's love in each person and in each situation? This is what leads to God.

Reflection

One of my early discoveries of touching within to God was when I was about ten years old. I was playing outside by myself around dusk when a motorcyclist came down the street. I impulsively picked up a small white rock from a yard and threw it at him in what I thought was innocent target practice. I did not think I would hit him, and I did not think about what would happen if I did hit him. However, I hit him, at which point he turned his motorcycle around and started to come after me. I was terribly frightened, and I ran as fast as I could. However, I realized I was no match for the speed of the motorcycle, nor did I want to let him catch me. I looked to climb over a backyard fence, which was the only apparent escape, but it was six feet tall.

What I recall is that somehow I leapt up and dove completely over the top of the fence, clearing the six feet and landing squarely on my head. While still in shock, I saw the motorcycle's headlight penetrating the small cracks between the slats of the fence in obvious search of me. I stayed silent, even though I was experiencing a powerful adrenaline rush and strong fight-or-flight response. The motorcyclist soon left, and I climbed over the fence and went home.

My awareness of the power within me was far beyond what I had known or understood about myself until that time. I did not know how to tap into it except in a circumstance in which I experienced a threat to my life. At the same time, I realized that this power within had always been with me even though I had not experienced its greatness before. I knew it was part of the Divine and somehow was forever pledged to watch over me. I realized this power could instantly be engaged and would be engaged whenever it was truly needed and called upon. I knew this power was always present, eternally loving, and the source of my very being. And I wanted to be able to touch into this loving presence more and more.

When I was in my twenties, I had a similar experience of touching into God's loving presence. I was going through a legal proceeding that jeopardized my career at the time. I remember that as I was about to walk into court, I had this tremendous calm and clarity come over me. It was a state of consciousness opposite of how I expected to be in at that time. I remained calm and clear throughout the entire proceeding.

At the time, I remember thinking that I wanted to know what that presence was about because it was much greater than my personality. My personality did

not know how to say, "Okay, let's be calm and clear while we're going into this intense circumstance that I've never been through before, that feels like I'm being tried and persecuted." I was not consciously aware of how to act calm when I felt threatened, so I knew that something was upon me that was, in some way, beyond me.

The awareness of that presence stayed with me more or less that whole day. I wanted to live in it all the time. That experience started a quest for me to find out what that calm and clarity was. I became more and more interested in where it came from and how to live in the calm more. It led me to the Movement of Spiritual Inner Awareness.

In the Bible, it is written, "The kingdom of heaven is at hand" (Matthew 4:17). That means we are always able to touch into God's kingdom. We are always connected to that loving presence inside. In the Movement of Spiritual Inner Awareness, we teach taking the shortcut to touch to the loving inside. We teach touching into the love right now in this breath and in every breath.

Touching to the loving can be a great challenge. When I find it difficult to touch into the love, I often withdraw my outer involvement in the world into the place inside of me that is the source of love. And I renew myself in that love.

Our human experience shows that we cannot renew our love once and for all. We must touch into it over and over in order for our loving to become our reality. In fact, we can spend a great deal of our time disconnected, as if something is constantly pushing us off. Things happen in all kinds of ways to give the impression that we are not loving, that the world is not loving, and that we are in danger and faced with difficulties that may seem insurmountable. As we choose the loving, we realize that all our experiences bring us what we need so we can choose back into the loving and into Spirit. As we touch into that loving, we are protected, filled, and surrounded by God's loving embrace. Through our letting go completely in the loving, we allow God to do what only God can do and find the meaning of "with God, all things are possible."

In the Movement of Spiritual Inner Awareness, we teach touching within through spiritual exercises. But *we* are not doing spiritual exercises. The Spirit of God is doing them, and we get to participate as much as we can. How do we best do that? We make ourselves available by lining up all our energy and focusing on being available spiritually, which is to say that we bring our attention inside.

It is important to touch within every day, to have

a moment when you cast your burdens upon the Spirit so that you go free. It is good to hold that moment, to sustain it. Your Spirit is then exercised instead of used to resolve the burdens of this world, which truly God can do and does do for us as much as we allow. During the day, resolve to do that as a more or less continual process.

Take some time during the day to touch into Spirit so that you become a greater conduit of this for yourself, for others, and into the world. Take a moment to breathe, to be aware of your breath, and to touch into the blessings of your life that you are.

Reflection

Allow yourself to own the consciousness of God more directly. Be willing to go through the process of becoming one with God.

Submit yourself to the process of letting go of your individuality, your perception of magnificence in a separate form, and let go to let God.

In the entirety of what we are doing here, we move to a consciousness of God, allowing what is of God's highest nature to become more realized in our consciousness.

God works in invisible ways, and His signature often is without a trace.

That is a reminder of who you are. You are the one you have not fully seen. You are the one you have not fully encountered. You are the one you are looking for. You are the invisible one.

Reflection

One of the ways to know that you are the blessings of loving is to remember you are God's creation. John-Roger has said, "Out of God come all things," and "God loves all of Its creation."

You are always loved by God, and God's loving is limitless. God's loving does not stop upon any condition. So in the very smallest to the very greatest, God is loving.

To look for God is to look to the loving, consider the loving, and find your loving and the loving of all. When you take exception and say something is not worthy of loving, you are saying that it is not of God. The willingness to look for the love, to focus on the loving, is the greatest key I know to discovering who God is. And whenever you choose loving, you bless yourself and everything around you with God's love.

In the Bible, it is written that "he that dwelleth in love dwelleth in God, and God in him" (1 John 4:16). When you get to know yourself as God's beloved, you find out you love yourself. So if you are not experiencing the love of who you are, you are in some way misplacing or misdirecting your awareness into something less than loving. The great news about that is, you can change. In each and every moment, you can

adjust and redirect towards the loving of who you are. So recognize the blessings of your loving—of God, of yourself, and of all of God's creation.

I encourage you to consider a bigger God than you have been considering so far, until you find God in all people and things. Consider that the nature of God, even though It can and does appear in any form, is greater than any form and is beyond whatever is seen or consciously known. What you see, what you hear, what you do not see, and what you do not hear—God is in all of that. There is no real difference between God and ourselves. If God is in the flesh, then God is within what we are doing. So the next time you shake someone's hand or look at them, consider that you are in contact with God.

I like to remind myself that when we have done it to the least of any part of God's creation, we have done it to God. Jesus said, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:40). So how we relate and respond to the part that is the least or the most difficult is telling us something about our relationship to God.

There is no separation between anyone and God. You can reconnect to the consciousness that sees no separation, sees no evil, and sees the good. I

refer to that as the Christ, the one who was anointed of that consciousness of God. It is the sight, the knowing, the perception, the vision that sees through the Christ and sees beyond what is considered evil. This is both a decision and a choosing to look for the good in all situations and in all people and things.

When you are loving whoever or whatever is present as much as you can, then you will eventually overcome whatever difficulties or challenges you are facing. There is no condition that can stop loving. Loving is a fundamental truth. It is unconditional. Even when we do not realize it or when we reject the loving, even if we do not consider that there is a God, loving is always available as a choice to experience.

Loving knows no bounds or barriers. We are the ones who choose to allow circumstances and perceptions to interrupt our experience of the loving. Love is never stopped. Love is present always. At times, we may decide that loving is absent. We are then called upon to find our trust and faith in loving. We are to be patient and keep our willingness and trust that a new experience of loving is forthcoming.

Difficulty can occur if we carry a negative attitude towards what we are experiencing. Consider that whenever you are involved with someone or something that

you find loveless, unlovable, or where love would not go, that is only because you perceive that way, not because it is true. You can change your perceptions. In actuality, such a person or situation needs loving more than ever. Be heroic in your loving, knowing God is already completely loving and is waiting for you to join in.

Challenge yourself to seek, find, and choose the loving. Then you will create more opportunities to better know yourself through the blessings of loving.

Reflection

It is understandable that we who are in the flesh and who are subject to our limited perspective would feel inadequate when faced with the power and absoluteness of God's will being done. We see the finiteness. We see the pain and suffering. We see death. We forget or are deluded into denying the perfection that is always before us, regardless of the conditions we face.

Part of the perfection is to be confounded, to be moved, and to surrender to God's will and mercy, at the very least through our faith that pours forth from its eternal source in God.

Remember, when you are at your worst is when Spirit can do the most for you. This is a wonderful opportunity to minister to yourself.

Message

There is a promised land.
A promised land is called such
because it is promised.
And when God promises,
it is delivered.
The miracle of God is, it is already done
as the Kingdom of God within each one.

Message

Asking for help is asking for your potential to activate.
How much potential?
It is as unlimited and complete as God.

Can you get God?
Yes.
All of God?
Yes.
Total God?
Yes,
but not more than you can handle.

So you best get on with handling what is yours, so you can handle more of what God has in store.

Message

God is your lover.
God is your best friend.

Message

When you know who God is,
You can wait
With a smile on your face.

Prayer

Dear Lord, we come in prayer to You. We ask that You renew us where we are tired, where we have somehow lost track of the inspiration that is You.

Let us rejoice in Your quiet and Your silence. And when You appear to us as missing, because You make Yourself known in the invisible and what is beyond our perception, we ask for Your patience and trust.

We remind ourselves of the gifts that You brought to us for our complete benefit. We are thankful for those in our midst who act as Your emissaries, even if we do not know the names or we cannot recall the forms. We remind ourselves of these gifts inside of us. Your presence and Your innate goodness reveal the gifts You bring to us.

We take this moment to anchor ourselves with that connection that is the Logos, the core of Your Spirit, the brightness that is the Christ, the brilliance of the one who leads us and knows the way.

Again we ask for Your personal blessing, that we do have the eyes to see and the ears to hear. We ask for the abilities that bring about fulfillment in Your way. We rejoice in Your strength and Your wisdom. We remind ourselves of the simplicity, the ordinariness of all these

conditions, and we behold in You that all is a miracle. Every moment is a new opportunity to renew and begin again.

Keep us in Your rhythm, in Your tone, as we call upon Your grace that would correct us, in spite of what we have already chosen, that we may now choose to fulfill Your purpose for the highest good.

We ask to know our Soul in the consciousness that is Your Soul. And we ask that whatever we may do keeps us close with You, as Your friends, as Your blessings, that we are an offering in the glory of You.

Baruch Bashan.

Prayer

Dear Lord, we call upon Your strength once again, that we may hold it to overcome whatever challenges we face, that we may know the trust that will hold until we have fulfilled what is to be done by Your will.

This opens the door into the glory that is God and what we seek in our consciousness as the Divine that is always with us.

A seed is flourishing within us, that we may come to know heaven on earth and that when we pass from this world, we will be a testament that God's will for us is done.

Baruch Bashan.

Prayer

Dear Lord, we give thanks for Your presence with us again.

We take a moment to adjust our inner temple to open wide the gates, to find the altar, the place of worship, and to come simply as we are, to present ourselves openly, without guile.

What we do not know how to cast off, what does not belong, we bring to You. We bring it to You, that we may be cleansed, that You may take from us what we do not know how to let go.

We feel the freshness of this presence. We breathe in the air that is clean. And we find Your rest, that You hold the life of each of us and give it to us freely, and You show us how to live.

We ask Your hand to be placed upon us in a personal way, that we may feel Your touch, the surge that comes from You to us, which renews, restores, and regenerates.

We ask that whatever covers our eyes in any form, whatever obscures or blocks, is removed and that our vision may be true and clear.

We ask that Your touch heal all our senses, that we may walk from this temple upright, strong, knowing

our purpose. And we ask that You gift us in grace with Your understanding and ability to withstand what is outrageous and what is disturbing.

Most of all, we ask for Your patience, for we know that in learning to wait and to hold, we will endure in Your purpose. And in this is the key to our triumph, to our overcoming whatever has been placed before us as our challenge.

In our humbleness we willingly allow You to lift us and carry us, to do what we would not do for ourselves, in Your mercy, in Your compassion, and in Your adoration. May we return it to You in full.

Baruch Bashan.

The Blessing I

In my own way, I am going to bless you. I am going to allow something that can come from me, through me, to go to you.

I am going to let go. I am going to make this an open process, that I give it over to God to take my life right now and give it to you. I do that unconditionally, so I do not make a condition upon the blessing. I am saying that before you, with God as my witness, as this is my intention and prayer with you. Let the gift that can be given to you right now, for whatever you are here for, be done.

I ask in the blessing of God's Light, that we each are filled, surrounded, and protected with the love that is Your anointed one, the one we would consider Your son, Your true daughter. We are all Your children. And we ask that You visit upon us the knowing of this connection, that we are Your blood, Your body.

We give up our reservations, our hesitations. Right here in this moment, Your truth that is the one truth, that is the truth of us all, is revealed. And we surrender whatever is false, whatever is no longer needed.

As we go from this place, each one of us carries Your support as a mantle that goes with us this day forward.

We recognize that each in our own way has kept You at a distance through our sense of unworthiness, through looking upon ourselves as unholy. We know that You renew us in Your goodness. We are the ones who have, in the past, forsaken this goodness. But You have always looked upon us as Your beloved in whom You are well pleased, whom You adore, whom You play with as Your children.

Baruch Bashan.

This Blessing is on Track 11 of the CD.

The Blessing II

I would like to turn all of us towards God in our hearts.

Do consider that God is in your heart and in your breath. You breathe in this Presence. You breathe it out every single time.

In this moment, Lord, we ask to breathe You in and breathe You out, more powerfully, more clearly, more lovingly than we have ever done before. We ask for Your grace in this receiving of You, that You can increase our capacity to know You, that You can remove what we have placed as restrictions.

We open ourselves up to come into the consciousness that gives the most precious. We offer ourselves, even as a sacrifice unto You, that we give our lives to You freely, not knowing what You would do with them, trusting You, trusting You as the Divine, as the Beloved, as the one who knows the best.

We are so glad to know You in this way, to be called Your children, to be raised up, to become Your elder children, and to be raised up even more to become one with You. You are raising us in the full power of who You are.

We know that this involves letting go of this

world and that to move into the oneness we move into the Spirit.

Once again we make that dedication, and we offer our lives into the Spirit, the Holy Spirit, the Christ, into the way that is the Traveler, that we may fulfill the promise You gave to us.

We utilize this experience here as a means to come to You and as a means to let You come to us. We are separate no more. We are the Beloved.

Baruch Bashan.

This Blessing is on Track 12 of the CD.

The Blessing III

Lord God,
we give thanks for being in Your midst.
We are close and intimate in Your presence.

We feel Your complete embrace as we are open,
and we embrace You.
We ask that You touch us in the places that are forgotten,
that can be touched by Your loving tenderness,
that have been closed off because of some experience
we have suppressed or forgotten.
We render ourselves tender in Your embrace.
We are soft before You, entirely pliable.

We ask that all resistance be cleared,
so we completely accept You.
In this complete acceptance,
we are Your Holy Breath.
We breathe You in completely
and breathe You out completely.
We let this be a tide of our spirit,
ebbing and flowing,
ebbing and flowing,
ebbing and flowing.

You are the rhythm of our hearts,
the movement of love.
We become Your loving embrace.
Our mind is not contained,
as we are open to allow Your tender love
to extend to whatever is brought to our minds.
Let the mind that is in Christ Jesus
be in each one of us.

The consciousness that is of the highest nature
is the impulse of our thoughts,
the impulse of all that we feel,
all that we perceive.
Our senses become alive with Your senses,
Your sensibility and wisdom.
We are the Light.
We are radiating and illuminating
in the consciousness of truth and love.
Joy is our impulse.
We keep You forever ignited as the spark of the Divine.

The one that we know as the Traveler
lives and breathes in each one of us.
We ask now for the integration
so we know ourselves as the Traveler.

We know ourselves as a best friend,
one who carries the love of Your Spirit,
the wisdom of Your heart,
the truth that we remain friends forever.
In the warmth of Your embrace,
we embrace this planet
and all that goes on in this world.
We behold in this moment
the consciousness of the Divine,
in all ways and forever more.

Baruch Bashan.

The Blessing IV

Let's consider that each one of us has a blesser, a messenger of the Divine, that surrounds us and protects us and fills us through the Light, through the consciousness of love, and takes care of what we need in every circumstance.

We ask to be open to that blessing of the Light, the love, and what we know to be the vibration and Sound of God, which fills us in harmony and balance, lifts us to greater peace, and knows our purpose in wisdom.

Like children, our way is in joy, that we would be pleasing and find what is pleasing and that we would trust that whatever is in disturbance or pain can be lifted. It can be healed and nurtured.

And we will find a day when all of us live in peace and joy and are completely aware of the blessings of God.

Baruch Bashan.

Meditation

Embrace your hurts. Embrace the things that bother you, the things you do not understand. Embrace them. Hold them. You do not have to do anything else. Allow them to be what they are. Experience what they are.

When you do this, something incredible happens. You become free in relation to what has been binding you and keeping you from realizing your power. Your power comes back to you. It was contained in that struggle of not embracing yourself.

Start where you are. Do it here and now, fully and completely. Embrace this moment. Embrace yourself right now, without any requirements. Let go and take yourself in.

It is a great way of being. It is God's way of being who you are.

Meditation

We will do a little visualization that is going to be in a meadowlike clearing. People are coming into this clearing and gathering together. You are here because you are able to see this beautiful meadow. Here, you are aware of a really important energy. You can feel it like a magnet, like a pull or a push. It is right on the top of your head, and as you are open and prepared, it also comes into you physically.

This energy is the kind that can make it difficult to walk and talk. It pours into your body, and it has a syrupy quality that relaxes you. It may just stop you in your tracks. It would be a little bit like you were in a trance because it takes you into another state of consciousness. This state of consciousness is a higher state that we invoke through the highest God and what is the Holy Spirit and the Christ.

The purpose of your being in this clearing is to bring in a greater invocation of the anointing that is the Christ and that is the authority of truth, a living truth, and a living love.

Now you know your purpose in responding to this clearing and this energy, that you have come for the purpose of the living love and the living truth. And it is a

blessing on this planet. It is taking place throughout this world, and since you are here in this world, it is done for you as you open to it.

You could also experience it as an oil. In the original meaning of the anointing, there is an oil being poured. Don't worry how it might feel to you as a sensation; it is much more of an inner experience. You are being cleansed and purified. And it is also letting you have an experience that you are not troubled, that you are not disturbed, that everything has been prepared, that all is already known. So there is no need for any negative concern. You are protected, as all are protected in this gathering.

In this place, there is nothing like armies who have weapons or must do violence. That is not necessary or even permitted here. And because this is being done with you and with each one who is gathered here in this clearing, it is also being invoked for all of the world, for all those who are open and willing and who can respond to the peace that is present and to the goodness that is in each one.

Take a moment to see the effect. It is startling. It does stop people in their tracks. It is the power that is in the twinkling of an eye, as when one is left in the field and the other one goes to God.

You can see and know that this is God's blessing. It is the covenant that is placed upon each one who comes into this name of God that is the initiation, into the spiritual presence that is with us at this time. It is not important that you give it names or titles or history. It is more important that you simply realize it is the natural order of all human beings and all life in this world, wherever it is found.

Baruch Bashan.

This Meditation is on Track 3 of the CD.

Knowing Who We Are

At times my humanity gets the best of me.
I react. I forget.
So one of my prayers is,
"Forgive me for forgetting I am divine."

Reflection

What you can always count on is that when you get into the Spirit and have the experience of who you are, then you get to know what God knows, which is, "You are the Beloved in whom I am well pleased."

The Blessing

We begin by reminding ourselves that we, by our human nature, are an instrument for the Soul and that all of what is necessary is in place with our humanity. So whenever we receive another breath, we are receiving confirmation that we are a place for the Soul to illuminate, an anchoring for the Soul and God's purpose.

And this is also fulfilling the Traveler's purpose in this world, to anchor the Light and love that is the Christ, the anointing of the Spirit of God that comes with the Soul.

This spark of the Divine is illuminated into each body and each consciousness that walks in this world. We ask for this blessing to become more illuminated in every breath, that we may be more conscious of our divine purpose, that we may have the wit to move our consciousness into the higher Light, into the higher purpose that is the Soul and the love that is always abiding for every part of God's creation.

We ask that we may have the grace to pause whenever we would act in ignorance or againstness and, in that pause, to find the silence that is also solace and the holding that would tell us to wait and give God's

grace a chance to illuminate before us as a vision of knowing what divine purpose is taking place, that we may fully understand.

What we would consider as hope comes to us as a dawning of a new day and a reminder that darkness is not permanent. It is simply a temporary condition. We realize that all the forms of negativity that greet us or meet us or that we carry are temporary.

We find that we can take this spark of the Divine and illuminate our consciousness once again. As Souls upon this plane of existence, we may do our duty to bring illumination.

Illumination is necessary in our fulfillment as individualized Souls and is part of the purpose we are in this world to realize. We can become more aware of this purpose of the Soul and hold it as a consciousness that is a beacon in this world, that all is greeted in love, all is embraced.

We hold for the greater good. In this purpose, we would not turn against anyone or anything, for all is cherished in the Light of God.

Baruch Bashan.

This Blessing is on Track 1 of the CD.

Learning

One of the wonderful things about having adversity, difficulties, and challenges is that they will often show you a deeper love, a deeper strength, something that you did not know existed until whatever it took to overcome those challenges showed you what you did not know about yourself and what you were seeking.

You have within you what it takes to triumph. Knowing you will triumph is a blessing.

Reflection

We get too caught up—far, far too caught up—in the way we look at things, instead of having the wisdom to just look at each thing for what it is, seeing it not as a cause to react or be upset, but just considering what it is in the simplicity of each experience as a learning.

Be thankful for what upsets you, seeing it as a teacher of what you need to learn. If that seems strange and outside of your reality, then you have something to learn. If you realize you don't know how to gain from what upsets you, then you have more to learn.

Trust that you can learn from each challenge, regardless of how disturbing or painful. That is a God-given right inside of you. Invoke your right to learn from everything.

Reflection

When you realize that what you are doing is not working, move to what is working. How? Awareness.

You do not do well when you judge or become upset when you see what is not working. Go to your Soul. And use your awareness of what is not working to find what *is* working.

Reflection

Your loyalty is not designed for this world. This world will betray you, and that is good news.

The message of the world is, "This is not your world. As soon as you try to make your life complete in this world, the world is going to let you down."

When the world delivers this message to you, don't feel picked on. Be grateful for the reminder. It is there to lift you.

Go inside to the real world, where your Soul awaits you with your fulfillment promised by nothing less than God.

The Blessing

Father-Mother God, we call ourselves forward into Your presence again and give thanks that You remind us of the holiness that we are, the sacredness that You have placed with us at our birth, that it is Your intention that we do remember all these things.

As we open our consciousness to consider what is our life and its meaning, You show us the blessings. You show us the greater good that we are to realize and become in every way. All that You have placed with us, as people on this earth and those who are coming from the Spirit, has been done to serve a divine purpose. Everything comes to us in ways that lift us and teach us what we need to learn. All experiences add to our wisdom and to our greater capacity to act in accordance with You.

We are willingly open to take in Your Light, Your love, Your Sound and to fully vibrate in harmony with Your energy and Your consciousness that is the highest good of all concerned. As we vocalize Your name, we lift up our hearts to come into the harmony of being together as Your children.

We also release into this Light whatever does not serve, whatever in any way is looked upon as the negative, the doubts, the fears, the judgments. We go free

in this Light. We are released by Your grace, Your mercy. We experience Your celebration, that You rejoice with us.

Those who are awakened in this consciousness of the Divine rejoice and sing out. We hear something beyond this world to remind us that this world is not our home. The things that go on here serve temporarily as a way to know, as a way to express our truth, the truth that is living love.

And we welcome that consciousness who is the anointed one, which has been referred to as the Christ, as the Beloved, and by other names, that one who serves, the Holy of Holies, and which is here to guide us and show us the way.

We release once again any restrictions from any time and step forward into this Light action as servants of Your truth.

We also extend these blessings to whoever comes to mind, that we may go forward in this world or the worlds to come from Your consciousness into the other levels of Your creation and into the Soul level.

All along the way, we are instruments of this Light and love. We are Your friends. We give thanks.

Baruch Bashan.

This Blessing is on Track 9 of the CD.

Letting Go

If you are having a difficult time, look at the ways you are clinging and hanging on to what is no longer present, what no longer serves you, and let go.

Let go completely and freely, that you may find the one you have been looking for all along.

God is awaiting your presence.

Reflection

It is not for us to learn to control this world. This is best left to God.

Reflection

I am the Beloved. So are you. There is room for more of the Beloved to be in and amongst us.

None of us controls the Beloved. The Beloved is more present because we come together.

Reflection

You can offer input, and yet you do not have control. However, God does have control.

That realization is an invitation to let go, relax, be patient, and observe, as you witness God once again demonstrating perfection as all things come to greater good.

Reflection

If you look at who you are beyond all the things that you have done and created, you are the one who goes free. You are the one who walks away if you will let it all go.

Let go daily, so that in this day, you give all up. You let all go. You cast your burdens on the one who can take them. This is a spiritual consciousness, the consciousness of the Beloved, that you can now claim. You are claiming the overcoming of your burdens by the Beloved so you can go free.

To stay free takes great strength, great resolve, and great dedication to your divine nature. The negativity in this world tests your willingness to claim yourself as one with the Beloved. Some forms of negativity are so disturbing and painful that the mind is done in. The emotions are done in. You become shook-up. You become hurt.

Being disturbed or hurt is not who you are. Once you know you are not the effects of negativity, then you take up residence with your spirit. You find that your truth is in stillness and quiet. There really is nothing to do other than to let your truth become you.

Message

You let go and you let God.
You are patient and you relax.

And God fulfills the spiritual promise
in and through you
with ease and grace.

The glory of God becomes you.
And what is more,
you love completely.

Prayer

Father-Mother God,
we give ourselves to You again.
We ask that this choice to surrender is sustained,
so we continue to let go.

We let go all our negative concerns.
We give them up freely.
We completely release all negativity.
We hand over all negativity to the Beloved,
whom you sent to be with us in this world.

We ask that Your healing come to us
as a balm upon our heads, our hands,
our feet, and our bodies.
You heal our minds and our emotions,
that we may clearly see and hear Your presence.
We are fully open to You,
as we welcome You into all of our being.
Bathe us with Your love and wisdom,
Your nurturing and caring.

When we are holding on,
our trust in You releases us,

that we may feel Your caring
and Your nurturing embrace.
Your wisdom inspires us to let go,
to release ourselves from any place that binds,
and to dismiss any consciousness that deceives.

Make us holy and pure as Your children.
We are made innocent by Your will being done.
In our innocence sustained by You,
our freedom is restored,
and our sense of the goodness of life is abundant
and joyful.

We go forward into this day as Your children,
knowing You are always watching over us
as we play together upon this planet,
enjoying this adventure in Your creation.

Restore our knowing of encouragement,
of enthusiasm,
that we can see the good in all things as Your creation.
All the rest we leave to You,
by trusting again that Your will is done perfectly.
You provide for our needs completely.

You show us we are always protected by what serves
our Souls.
You lead us to overcome every challenge
until that moment when at last we are home free,
just as You promised from the beginning.
You have proclaimed all along to each Soul coming home,
"You are the blessings."

Baruch Bashan.

Prayer

Father-Mother God, we ask for Your attunement, that we can find Your tone resonating, vibrating our Soul into our flesh so that our minds and all of our consciousness are vibrating in harmony and peace.

Once again we ask that You clear away anything that does not serve us so that we may align ourselves in Your perfection, in the living truth that You set before us.

We ask that You visit each one of us in our heart, the core of our being, so we are comforted. We know Your embrace is loving, that You celebrate our life as it is. And for whatever part of us continues to judge, to be hardened by things in this world and how we relate to ourselves and others, we do ask that You soften and tenderize that part so we may again know ourselves and others as Your innocent children, as those who are thrilled by life in all its forms.

We take Your courage as our encouragement. We give thanks for those You have sent to us to teach us, to strengthen us in Your will, that we are Your friends.

Baruch Bashan.

Meditation

With the grace of the Beloved, notice that you are being assisted spiritually.

There's a presence that holds you. Be conscious of this support, the strength that is in your body, regardless of the conditions that are taking place in the body at this time. This spiritual assistance can work to release tension, pain, irritation, any form of disease, any form of toxicity, any issues that compromise how you're functioning and relating.

You don't even need to know what any of that is. It's not necessary. The spiritual assistance takes care of supporting you and assisting you because you are open, because you make the request, because you present yourself within you to the Spirit.

And we discern that we are working with the highest level of God. We are working the highest ability and consciousness that comes through loving, wisdom, and freedom.

We also see how it works for the highest good, knowing that all things are good coming through God. So we discern that which is of the highest order, the very best, and we request that it come from the source of that into this consciousness in which we have

dominion, so we're exercising our choice, our personal level of ability.

Behold now the healing, the clearing, the harmonizing, the liberating, the joy that comes into our midst, the joy that surges from inside and bursts forth. Behold the celebration, the celebration that is always present.

In God, there is no negative formation, so we begin to understand fully that all negativity is not. It dissolves; it releases. So whatever negative thoughts, feelings, or formations that have taken place and manifested into our lives personally or into the world—wherever, whatever—we give permission to release the negativity to that from which it came.

We identify ourselves as those who are directly aligned and fully functioning in the living God, the loving God of all creation. And we are functioning in a living truth that is alive in our minds and our conscious awareness.

We find great appreciation of all things, that we are able to see the value in every single thing. Every manifestation brings greater good, greater learning, greater expansion in what we are to become perfectly.

We release the resistance. We release the judgments in the mind that would hold us to any negative

form, understanding that it cannot be and could never become. So we let it go.

There is relief. There is comfort. There is joy. There is beauty in all directions and a new ability to appreciate the grace, the grace that is forgiveness, the grace that is the knowing of the perfection, the grace that is the spiritual assistance that we know as the Christ, as the Beloved, as the Messiah, as the Traveler.

And we know ourselves as friends of the Beloved, that we are the Beloved. So we are brothers and sisters, children of God.

We take a moment to behold how our lives have potential, how the way and the ways are prepared. We can see this new consciousness that brings forward perfect cooperation through perfect ways, perfect timing, and perfect patience to understand how to cooperate in every moment, in every situation.

And those with whom we have had difficulty or some form of conflict can come before us now. We love them, and we experience the love of them that is shared, that it is a conversion, a transformation, even though in this world there is a distortion and a disturbance in how the negativity manifests.

We behold the Beloved as a holding, as a solid foundation upon which we stand, upon which we walk,

upon which we build our lives in this world. And if there is disturbance, pain, or suffering that in some way comes to us, we are those who minister, who embrace, who bring comfort in the way of the Holy Spirit.

We find these energies whirling above, working through all things, in the smallest and the least of them, to that which is in all things, that we understand that it is already taken care of. It's already known in Spirit.

We are reminded that these things happen in this world and to stay connected in what is grace, what is the Beloved, and how that responds to each situation regardless of its form. Often we find we begin with ourselves, with our own disturbance and what comes forth from past actions.

We gather it all up like our children, and we simply love. We feed them what is wholesome, we teach them what is good, and we show them they are loved, they are celebrated. And they bring this love to us in return.

We understand that the will of the Beloved cannot be stopped and that it works in grace, in ease. It does not require any force outside of itself. There is no lack. There is no scarcity. All is present in the beauty that is grace and the Beloved.

Baruch Bashan.

Meditation

I have an offering for you that would take place when next you let go of this world. There is an opportunity before you die to let go and let God. This night, this moment, regardless of where the world is in relation to the sun, you can take hold of yourself.

Maybe you haven't done that in a while. What does that mean? It means look at yourself and consider yourself in every way. In order to completely look at yourself, you have to become larger than yourself. You have to move to a place in which you can look upon and observe yourself in every way. You find that the willingness to look upon yourself with all that you see, all that you could consider about yourself, is completely liberating and comforting.

Certainly you would need to consider whatever you have created today, wherever you find yourself, whatever you have done, and the results of this day.

If your look extends beyond this day, just observe whatever you have created, no matter when it occurred. And if your look extends beyond what you personally have created, just observe whatever appears as the creation, no matter what or when.

Now there is an opportunity. Would you let it

go? Would you give it up regardless of content, regardless of importance?

Right now, have the inner experience of letting go of all you have created, of letting go of the results of this day and beyond this day. Yes, give it all up.

Whatever you hold in your doubts or your fears, whatever judgments you encounter inside of you, take a moment to bless yourself, to ask for the blessing, however you would do that, for the highest good of all concerned.

Now consider the one who is looking upon you in mercy. Look into those eyes of complete compassion. Feel the presence of loving support upon you. Call it your angel, your spirit guide, or one who remains nameless. Call it the Beloved. Call it however you can. It is that one who looks upon you in adoration, who sees the beauty in you just as you are, even if you have made a mess of it or you find yourself in a real fix.

Your interpretation may be, "My life is a mess. How could God want to adore me with all that I've done?"

Just forget about that and let it go. Give up all the negativity, pain, or suffering that you have created. Let it all go. Find the blessing of mercy. Find the comfort of being relieved of any burdens. Find that as you let go, your debts are over and done.

Notice that you begin to lighten as what has

been binding you to this world is being cleared and removed. You are lifting. You are drifting like a fine feather buoyed by the wind and soaring higher.

As you soar and spiral up, you find an amazing sense of relief and ease, a moment in your conscious awareness when, if you had to respond physically, you are so relaxed that you could not lift a finger, nor would you want to make the effort. You find you are in a free fall while you are actually lifting.

As you truly let go, you open yourself up to pure joy. This joy soars freely, no longer caught by the confines of this world. As you let it all go, there is indescribable and complete joy in your presence. You find you are enjoying the Divine nature that transcends this world and freely takes you into the better worlds to come.

Observe yourself as the Beloved, entirely free of the attributes of what belongs to the material world. Observe the radiant beauty that has been uncovered and revealed by the constant Light shining forth. You find that you are meant to soar. All you really need to do is let go of this world and let God in the worlds to come.

Baruch Bashan.

The Blessing

Dear Lord, we give thanks that You have gathered us here. We are those who have come upon our life circumstances and found that we would like to create more value in our lives.

We know You are the source of all value. You are also the source of those things that have little value or seemingly no value because You are the creator of all.

We can be at peace in our hearts that as we speak to You, there is no other and that You hear all, You see all, You know all. You know our lives. You know our circumstances. You understand completely.

Within Your understanding, You bring to us compassion and forgiveness and infinite patience. So as we go through what we must learn and what we must experience in this world, You hold the place for us. It is a coming home, a welcoming. You are prepared to celebrate us. Even though we may not turn towards You and our history says that we have turned away, we are turning towards You now.

We are putting ourselves before You openly and freely, without reservation. And if we must bring to You our limitations, those things we have created that do not work and that have caused us pain and suffering, we ask

You, in your mercy and grace, to lift us and to heal us where You find us.

Go into every circumstance that we have created, particularly any areas of debt, whether those be of consciousness or of materiality or in any other way.

We call upon that one whom You have anointed in Your purpose to be the door and the opening for Spirit. We may call that the Messiah or the Christ or simply the anointed one. We come before this consciousness that forgives, that balances and clears the debt. We place the debts upon this altar before You and know in this realization that we do go free. We claim Your blessing to set us free again even though we are the ones who created our own encumbrance and restriction.

We fill ourselves right now with trust, with the knowing that we are worthy, that we were created so, and that You do adore us as we are.

There are no secrets before You. There are no hidden places within us. Your Light shines in every way. And so we shine in every way with Your joy, Your peace, Your unconditional loving.

We are glad to be called Your friend.

Baruch Bashan.

This Blessing is on Track 8 of the CD.

Light

Consider yourself an instrument of the Light, always radiating, always shining, as the source within you is like the sun/Son. It will be in your presence more than anything else, so beam that smile for the ages, and do your bit to assist this place to come into its new age.

Reflection

The Light still works even when it appears that not much is being done. So have the wit to place the Light immediately when situations are appearing and developing. Then much more can be done, often without a trace to those looking from the perspectives of the world.

Reflection

Calling in the Light is not necessarily a ceremonial, ritualistic practice. And sometimes we do pause to do it, to simply have a moment where we realize it's already done. As much as we think we need to do it all, we really don't do anything.

Often, taking a moment to do nothing and pausing to be a witness to God's presence is the smartest thing to do.

Reflection

God does not judge this one as bad, this one as wrong, this one as evil, this one as needing to be punished.

So if you find yourself entering into a hurtfulness, here's a reminder to take care of yourself.

When you take care of yourself well enough, you will be able to take care of others, and that will put you in good stead and good territory. You will be seeding and sowing your life into greater good and greater Light, which is really what's going on spiritually all the time, every time.

And if we do get off-course, distracted, or misaligned or if we miscreate, let's choose back into the Light no matter what.

Reflection

When my dogs have had their feuds, I have rarely made an effort to step in and have often used a loud voice-command. I have had limited, if any, effect upon them, but nonetheless, I have made my intent known to stop their barking and biting. The rest I have left to God, and I admire still that they manage to cuddle, often when they lay their heads to rest. That suffices for me.

Never underestimate the power in simply enduring in holding the Light, which has its greatest use whenever negativity is most prominent.

Reflection

It can get difficult at times to recognize what is the Light and what is the dark, what's working and what isn't working. It's not always clear, and my mind is guessing constantly.

Still, there are practical ways of knowing. The most practical is to ask, "Is it loving?" And if it's loving, you can ask, "Where is the greatest loving?"

How can we be involved and be acting in the greatest loving, in the consciousness of the highest good of all concerned? That's God's domain. It is the omniscience of God to know the highest good of all concerned.

Reflection

Not everything that shines brightly is a real source of Light and satisfaction. As you discover that there is a real source of Light within you, you will naturally attune to that Light and experience more satisfaction.

Prayer

We ask for the Light first for ourselves, that we clear our levels, surrounding, filling, and protecting ourselves with this Light.

As we hold for this Light, we ask for the consciousness of the Holy Spirit through the Christ to extend this blessing, that we bless this land. We see this Light anchoring into the very core of the earth. It's a beautiful, radiant Light, illuminating all that is dark, penetrating the densest substances, radiating as a beautiful energy above the land, and blessing all the people and situations on the land.

Meditation

We are going to do a blessing of Light. I would like each of you and all of us together to consider that we are powerful creators in partnership with God. We are vehicles of Light. We are instruments of the Divine. We are chosen and now are choosing back. In our willingness to be instruments, we are attuned to the highest Light.

Serving in the Light asks us to be open to the will of God. Sometimes we may not want to be bothered. We may consider that because we have enough personal troubles, we do not want to take on troubles that are not ours. The opportunity to serve God comes in freedom, and in freedom of choice we are to serve.

We ask for the Light that protects, so that this blessing does not go against our well-being or the highest good of all concerned. And the Light comes through us as a first blessing.

As we anchor this Light, we are filled and surrounded in Light. The Light is in our bodies, and we are now being transformed to a higher frequency of the Light. The Light is intensifying as much as we can handle as an instrument and a battery for the Light action. The Light translates into the world and into the magnetic aspects that are here.

We do this in the consciousness that is the Christ, that is the Holy Spirit, that knows the best for everyone and every situation.

Our job for now is to be quiet, to quiet our minds, relax our bodies, and be still in the presence of the sacred.

This action is not about our personal concern but is about simply being an instrument of the Light radiating all around us and into the world. We quiet and clear what would interfere or block this Light action and ask to be open so this Light action freely goes forth.

Our creative imagination is awakened as we become more aware that the Light is going out to situations, to places, to people, to wherever there is disturbance and trouble. The Light action also may be right here, right where we find ourselves.

Let us see how this Light proceeds on this occasion, moving towards peace, towards harmonizing, towards people realizing that they can let go of differences.

We see grace bestowed from God stepping down through Creation. Every level opens up so that grace is done in the very greatest way possible, until it comes to each one of us.

We are asked to freely give, to put aside any againstness that we have held through our judgments or our

past actions, and to transmute negativity to understanding and compassion.

We choose this blessing now, to become instruments for this Light action, to remain open and available as called upon. All that is required is to freely choose into the Light action, which is already prepared and done in Spirit.

Remind yourself that you are the peace of God, that you bring peace and find the peace that is present, and that wherever there is disturbance, you find peace. You become the peace that is present.

Baruch Bashan.

This Meditation is on Track 14 of the CD.

Listening

When we stir the Soul, we hear a sound. It is the sound of God.

Wherever you find yourself in your life, make sure you listen.

Reflection

Let me remind you that silence is your friend always. It is certainly a constant companion. In silence is the consciousness of God.

As you open your listening, you open yourself to a greater connection in the presence of God.

So make your way not so much as one who is heard and seen. Rather, make your way as one who is listening and hearing, watching and waiting, observing as a direct witness to God's doings in the silence and invisible.

Message

Listen to your heart.
That is where the Lord resides.
Look to your heart.
That is where His miracles are seen.

Love & Loving

A simple choice to be loving, even just for yourself, changes your life forever.

Reflection

Love the one you are with.
That will always include you.

Reflection

How do you enter into grace?
Love God.

What does that mean?
Love everything.
Start where you are.
Start with yourself.

Isn't it amazing that it would be set up that way,
that you would begin where you are right now,
with yourself?

Reflection

There are no things that come from God that are dirty or soiled or impure. It is only because we forget the Divine nature that we would relate to them as such.

So remembering to simply look for the Divine in all people and things is also part of the blessing.

As you realize the Divine in all things, you realize you are pure, you are whole, you are loved, because you are divine.

Reflection

If there is greater negativity finding its way into your consciousness or confronting you, that is just something saying, "Okay, here's some negativity to handle."

How do you handle it? You love it. You love it the best way you can. You just hold the love and the Light through it. You don't give in. And if you do give in, you forgive yourself because you are of the Christ.

Christ is forgiveness and that's that. There is nothing that isn't forgiven. There is nothing that you can do, there is nothing that anybody else can do, that is not in the forgiveness of the Christ.

Reflection

As we touch into the love within, we are naturally called upon to reach out and touch one another with that love. Jesus said, "This is my commandment, That ye love one another, as I have loved you" (John 15:12). I do not look at that as exclusive to any one religion. I consider loving one another as something practical for all of us, as well as a divine order. And even in that divine order, we are free to choose the loving as co-creators with God. The simple idea of loving one another transcends our identifications and personal histories, the particular natures that we have as individuals that make us unique or different. Even an atheist, someone who does not believe in a higher power, can love.

Loving one another relates to being of service, which in turn relates directly to ministry and moving into a divine consciousness. Loving relates directly to taking care of others. Right in the core of what is important to do with your life is to take care of yourself. As soon as you have done that, you are on to helping take care of others as a responsibility.

When you are taking care of yourself well, it naturally follows that you will be helping take care of others. So give the value of what you have received.

Give to somebody else or in some way as a contribution to the world. Being someone who has received and processed life experience, you are now in a position to impart that value to those who are gaining life experience—to the young, to the children, to those who are experiencing and learning what someone else like you has already accomplished. The more you can do that, then the more your life becomes a manifestation of taking care of others and being of service.

Share your overflow by reaching out and touching to others. Your friends, family, and community are all situations that allow you to bring yourself forward as a caring and giving being. Use that energy to reach out, get involved, and serve. Make yourself available, not to control or take from a situation, but rather to go and put your energy out as a loving and caring gift.

You can bring the blessings of who you are to any situation simply through your loving and compassion. Smiling at people is a great service. Bring forth that place from within you that smiles upon the world and smiles with compassion upon someone in need. If you see someone in pain or in a difficult situation, bring forth your willingness to assist and support them. Often just being with them with your loving and caring is the greatest blessing.

A loving touch is a healing touch and, in itself, is curative. When we touch someone, it is not a one-way contact. There is a relationship that comes in touching. We feel it. We sense the energy. A blessing occurs in just touching somebody with loving, and there is a loving exchange that goes on. We can also sense when the loving is withheld and blocked. When open loving is restricted, we can have a sense of separation and missing what is fulfilling. Be open to reaching out and touching others. Bring a sense of connection and oneness through your loving touch.

You can also touch and connect with others through the tone in your voice or the look you give. When you see, when you listen, when you sense others, these are all forms of touching. It is important to listen and speak with loving, to let yourself see and make contact with somebody from the blessings of who you are as you let a loving connection be both received and given.

As we reach out to others, we will meet up with our limitations. We will find that we are doing work that we do not know how to do completely. In the Bible it says, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16). We are called upon to be open to doing God's work as co-creators, which can be humbling to acknowledge.

One of my favorite rallying calls is, "Let's go out and do some good!" Something about those words frees me up. Being of service, doing "good works," calls upon us to get beyond our own boundaries and limitations. Let us resolve that regardless of what we choose to do today, whatever that may be—go on a picnic or go to our friend at their time of need—let's do some good. I have learned over the years that serving in situations that at first seem to be disturbing and challenging is full of learnings and blessings.

As we serve, we further come to know our goodness and the goodness inherent in all things. Our patience with ourselves and others is an important way to touch into God's way of doing. So look at one another and see the goodness there, regardless. Look for the good in the situations in the world that seem difficult and so unnecessary. If you do not yet see the goodness present, have faith and trust that somehow in time you will realize the blessings that are present.

I do not consider that any of us truly has the power to change the nature of the world, regardless of how much we would like to make the world change its ways. I do know that we have the power and authority to change how we personally relate to the world, and that can be done any way we can. There are qualities in

service, in caring and giving to others, that transcend our differences and make life in this world, regardless of what happens afterwards, nicer.

One person at a time, we can collectively make a difference and move our caring and concern to be more inclusive and supportive of one another. Anyone can choose to act with greater concern and caring for another. It is the Golden Rule brought to bear. We are to be our brothers' and sisters' keepers. We are to love one another with greater might in body, mind, and Soul. We are to do unto others as we would want to be done unto in the very best ways. We are to love this earth in all its elements and nature. We are to live in harmony and do what we can to restore what has been taken out of balance. We are to love it all and bless it all.

Baruch Bashan.

Reflection

Love your life.
Love your family.
Love what you do as your work.
Love your cars.
Love your garage and your closets.
Love the paint on the wall.

Right there, I have just given you a challenge—
to love the things in your life.
Clean them up.
Clear them up.

And if you do not have paint for the wall that is peeling,
find a way to love that wall somehow, someway.

Maybe just look upon it and see beauty there
when everybody else sees an ugly peeling wall,
that you are the one who loves that wall.

Reflection

God is love. This means that even the greatest source of negativity is love.

Ultimately, you must come face-to-face with that and recognize that whatever negativity presents itself is still of the true nature of God, which is love.

Reflection

One mission I find we all share is to love and be loved. That is a mission. That is a truth. That is true about all of us.

If you are not aware of it right now, take this moment to look in your heart and see that all you want is to love and be loved.

You are the Beloved.

Reflection

As you love all in the world, it translates inside of you. You come into a loving rhapsody and harmony that transcends.

Love will flow in and out so that there will be no stopping it. There will be no holding you back.

You will be in a consciousness that cannot be denied, which is unconditional love.

Reflection

What is the test here on this earth? Loving it all. As soon as you do not love something, that is when you become miserable. You might say, "Yeah, but it really is awful. That thing is bad. It's not lovable." Says who? Not the Christ.

The one who forgot says that. The one who is in darkness says that. The one who is false says that.

When you know better, you do not listen to that one. Your faith puts you back in line because you realize, "My dedication will not allow me to not love, so I must love. And if necessary, I withdraw my involvement to the place inside of me that is the source of love. And I renew myself in that love."

Reflection

Love is founded in unconditional regard for yourself and others. Look past your thoughts and feelings to find what is true in your heart. You can love anything and anyone.

Reflection

You can trust love.
You can trust it completely.
So when you love,
give yourself over to love completely.

Reflection

Loving is what life is about, and this world is designed to reflect a process for increasing the loving. There is not a real difference between what life is about and what loving is about. They are synonymous.

When we have our perceptions and our experiences that say life is less than loving or that somehow life is aberrant from what real loving is, those are just messages that say we are not fully aware of what loving is.

Be the loving. Always be the loving.

Reflection

Loving is a process that starts transcending where we find ourselves. It starts transcending what meets us, in terms of the physicality of this world, and starts allowing us to transcend into the other worlds. The loving starts becoming something that is all-encompassing, and we realize that we are the loving.

Reflection

A simple choice to be loving, even just for yourself, changes your life forever. Through your caring and sharing, a new day is brought forward, bright and certain with God's purpose.

Even when you do forget, being human as you are, and things do not go the way you want or expect, the decision to choose into the loving, caring, and sharing will always assist and support you. As you understand and apply that, remember to stay conscious and to be reminded through your openness, through your trust and acceptance, that whatever is taking place, whatever the conditions are in your life in this world, loving is always present.

Become more adept at seeing the loving, expressing the loving, and choosing the loving. Through your caring and sharing, you more fully become the blessings of loving that you already are.

Caring and sharing reflect our natural willingness to give, to extend ourselves, and to be given unto and receive. Through your caring, express your loving more than is necessary. Open yourself up so that whatever would come to you and tell you, "That's enough loving," you would keep caring and sharing so it is

more than enough. There is no waste in sharing your loving. So choose to be a loving, caring consciousness who blesses all.

When anyone chooses to love fully, then the supremacy of love is allowed to reign. Loving is what breathes us. It is what we are. Even those we may consider our enemy are reigned over by love. We do not reject them. They reject themselves if they choose to act other than out of love. Our loving and caring overcome the hate that rules the enemy and transform them into the Beloved.

Jesus said, "I have called you friends; for all things that I have heard of my Father I have made known unto you" (John 15:15). As we come into the consciousness that is anointed of the Spirit, we love one another as friends. So let us allow ourselves to be more open to the blessings of caring and sharing so that we demonstrate that we are friends.

For me, that entails being more willing to extend myself, to look at people in the eyes, to be willing to touch people like I would a friend or somebody I appreciate and love, that they are somebody I would take in my arms and care for. There is a caring exchanged between friends, those who are related in the heart where we live in truth. As friends, we live as

one in our loving. We live in the joy and caring that is our natural way of being, that is the way of the Lord.

Reflection

Loving transforms the thoughts of those you have judged and condemned and those you have punished.

Love and mercy is now your way and is now what is bestowed upon all. All are forgiven. All are set free inside of you.

Reflection

God loves all of Its creation.
Do you?

Reflection

In each moment, we are always making a choice to be more loving or more unloving.

Be more loving.

Reflection

The supply of loving goes beyond anything or anyone that uses it, no matter how much is required. There are no limits to loving.

Message

While here, love what is here.
Have no issue with anything or anyone.

Choose unconditional love.
Make no demands.

Love anyway.
Love if you do.
Love if you don't.

Love when it is dark.
Love when it is light.

Just love.

Because out of God come all things,
God issued all things through love.
That is how they have come forth.
And, by God,
we have the strength to love all things.

Prayer

Father-Mother God,
we partake in the greater loving that we call forward, especially in any way that, at this time, we are unable to accept. We hold it forth as a loving potential that is ever-increasing.

We ask for Your strength, Your wisdom, and the correct discernment inside to always know the loving choice and to bring forward the willingness to be the loving, to choose the loving, regardless of the conditions.

So be it.

Mystical Traveler

The Mystical Traveler loves you and is always with you. Listen to your heart; that is where the Traveler resides.

Reflection

The Mystical Traveler is a scientist of the Spirit.

Reflection

There's a place prepared in Spirit. The Mystical Traveler will do what he can to make your life better and give your Soul what you came here to experience.

Reflection

The Mystical Traveler is not here to do something so you will like it. The Traveler is here to bring you what is true—your authority to love it all as with God.

If you came here to be more conscious and to know that you have what it takes to find inside the answers, the presence, your true nature, then you are in the correct place.

If you're looking for something here in the world to do it for you, you will be disappointed.

If you are willing to trust yourself and not allow someone outside of you to determine your life, then you're in the right place.

Reflection

The people in a relationship to the Mystical Traveler are in a mystery school. There is a mystery to what we're doing, because we are involved with the consciousness of the Divine beyond this world.

If you look at this world through the filter of the mind, it is obscured and mysterious. How would you know the truth? You must be true to your purpose and limit the distractions of the material world.

Within your Soul, you have the eyes to see and ears to hear.

The Blessing

Dear Lord,
I bring these children before You,
that You know them as Your children
and take them in with great joy,
that You embrace every single one,
kissing each one and putting Your arms around them
and celebrating each of them individually.
We see how You celebrate
every single one of us together,
that this is the Spirit of Christ, the Christ-mass,
that we see Your gifts are all around and before us,
so that everyone has more gifts than we can count.

We are filled with joy and inspiration,
that this is a day to partake in what You have given to us
from the beginning.

You fill us with what we need,
You take from us what we do not need,
and we give freely and let go freely,
knowing that it is done in Your perfect providence,
in Your perfect ways.

We understand in our maturity
that all things do not come at once in this world.
They come in perfect timing.
So we take in Your patience and Your understanding,
and we also ask that we would be disciplined by You,
knowing that we are to learn,
we are to realign.

So we give up our minds.
We let ourselves be held by You,
that You take us in like a breath.
And as You return that breath,
we are new,
we are whole,
we are sanctified.

You have brought to us a beloved friend,
a Traveler from the Spirit,
who is our wayshower, our guide, our best friend.
And though we have known it in many forms through
our existences,
what is important is that we now know intimately
that we can touch it
and can give ourselves over to its guidance.

Whatever we have held back through our fears,
our self-judgments and doubts,
this moment we give up.
For You have prepared us to walk in our fullness,
in our Godhood.

You have prepared the way long ago by those who
came in this line,
through the one we know as Jesus,
his beloved friend, John,
and all those You have gathered here from the Spirit,
that we may be reminded and behold that this is true
and it is done,
for You are our witness.

You proclaim us as Your own.

Baruch Bashan.

Peace

Let us dedicate ourselves to peace within ourselves, that wherever we go, we bring peace and we learn to find peace in all things.

Reflection

If you accept the responsibility to give your peace and use the words, "Peace be still, I love you, God bless you, I give you my peace," consider that you will be tested—not at a level you cannot handle, but at a level where you have the peace to give.

So when some situation or some person comes to you and you do not want to give them your peace, that is the moment I am talking about. That is the turning point in your existence. That is when you decide if you go to "Hades" in your consciousness, which can be like a great oblivion, a fathomless chasm. Or it is the moment of your resurrection, when the angels of mercy sing your name in praise because you have chosen this day to live in peace.

Reflection

In the course of conflict with others, there often seems to be an idea that someone has to be defeated. But peace is a presence void of againstness.

When people are throwing things at you that you don't like or want, it is going to be really valuable for you to know how to get out of the way when you can. So learn how to get out of the way. Learn how to move fast and duck. Then you are learning better abilities. These abilities of ducking and getting out of the way will be lifelong assets in your favor.

Sometimes peace is also a process of being willing to take the hit, to be confronted with againstness and not return it in kind.

Peace is the willingness to love no matter what is thrown or withheld.

Reflection

The way I relate to peace is like breathing in and breathing out. If we allow ourselves to do that naturally, there's peace. If we resist, if we don't fully breathe in or we don't fully breathe out, then there's an unnecessary interruption in that process. We're now starting to disturb the peace that's naturally in our presence, in the present.

Peace is a natural state. It's an innate part of who we are to live in peace and be at peace. It is we who interrupt that process and separate from what leads to peace.

Reflection

God issues forth love in all the creation, in all the aspects of the creation, with no exceptions. When we know that, we embrace all forms of God's creation.

This is peace. This is an openness towards and an acceptance of the entire process of God. Peace has no opposition. Peace has no enemy.

Reflection

When you find yourself in the midst of a storm in your life, it's an opportunity to call out to peace. Peace is present, it's at hand, and you have the opportunity to bring the stillness of peace into your life. If it seems as if the world is coming against you, you're charged with the responsibility of not returning the againstness and, instead, absorbing it into your consciousness and not letting it return into the world.

That is part of stopping the war and the conflict—to be one who refuses to return the conflict into the world. You do have the consciousness within you that can take the againstness, the negativity, and transmute it. That's part of the value of going into higher consciousness: you gain a greater ability to hold the Light and hold the energies that will transmute the negativity of this world.

Reflection

We want peace. God will answer that prayer. How much does it take? Enough is enough. Would you be willing to give all the peace that you have?

If I'm not in peace and my friend is in peace, and if he's willing to give peace to me and keeps giving his peace to me, eventually I will yield to the peace that is present. "And the gates of hell shall not prevail against it" (Matthew 16:18).

Peace takes great conviction and dedication.

Reflection

When you find yourself in a state in which you feel that all is lost, you will never be the same again, you will never be happy, you will never laugh, you can choose, instead, to look to your inner calm. Trust your self, that part of you that always accepts, has peace towards all, and leads you to a fresh new day.

Reflection

What is ignorant and what is weak can be enlightened and strengthened in the process of prayer. It is done automatically. It is done because a conscious appeal is made to the Divine.

My appeal is to my God nature. I realize that of my human nature, I am weak, I am ignorant, I am handicapped. I prefer to be strong, to be wise, and to act in my full faculties, the faculties of God. So I am appealing to the faculties of God—the power, the strength, the consciousness of God—to infuse me.

That appeal directly to God is worship. That is praying. That is spiritual exercise, the exercising of the spirit of God in me and in all people and things. There is always an opportunity to go to God and awaken the presence of God into our conscious being.

Baruch Bashan.

Meditation

I invite you to consider that you are in a gathering of Lightbearers and that all of us here are like candles. We are receptors for the Light. We see this Light being lit as a flame that is being passed from one to another. So, in your own way, you receive the Light as the flame that is lit for you from someone, and you pass it on to someone else. And we all hold as Light is passed on to everyone.

We notice that there is a place inside of us where that flame can always remain lit. It is safe, nothing is going to be burned, and we don't have to worry about putting it out.

This flame represents the consciousness of Light and love that radiates peace towards all.

Each one of us gathered is asked to hold this Light. We have all come to this place to receive this Light that is peace and love for all and for the world.

As much as you can, pass this Light on. See it going to other people. Take a moment to look into their eyes and see the reflection of the candle and the flame. You do not have to tell them what you are seeing. You can just share something about how you appreciate them or maybe something nice that you see in their

face or in their presence. For we can increase the peace by being more conscious and willing to express what we appreciate about one another, that we do see the Light in other people.

Let us also remember that just as we have been in difficulty, others may be in difficulty when we find them. You may find that it is not so easy to see how the Light will hold with them. If you see some in darkness, be willing to see the Light going to them and lighting them up, revealing their beauty and their grace. You are one who forgives them and loves them, regardless of what has transpired. You give them the Light of peace.

Baruch Bashan.

This Meditation is on Track 2 of the CD.

The Blessing

Dear Lord, we give thanks for this fellowship that is bringing us together in love and joy.

And when we leave here, we ask that You take what we do not need and that we make it an offering into the one who is Your Christ, that consciousness that is anointed by the authority and the power that is Your truth and Your love. We accept this blessing, that we may leave here fully resolved in Your truth and that we are free.

Wherever we go, we also ask that this entire planet and everyone and everything within it and upon it in every corner be blessed and that we can call forward Your peace, the peace towards all.

And when we listen, we hear Your peace in each voice. We hear Your peace in the silence inside, what we know as eternal. We give thanks for Your eternal peace.

Baruch Bashan.

This Blessing is on Track 4 of the CD.

Serving

We refer to service as the highest consciousness on the planet because it describes the nature of what happens to those who have converted themselves to their Spirit: they become a consciousness who serves—without question, without condition, regardless.

Reflection

Happiness is a sign of successful service.

Reflection

In the Bible, it says to choose this day whom you will serve. Which day? This day. Does it matter what we did yesterday or what we're going to do tomorrow? No, it's this day. "Choose you this day whom ye will serve, . . . but as for me and my house, we will serve the Lord" (Joshua 24:15).

Notice that "house" part. That's your "10 percent," your area to take care of your responsibility. So keep the things around you in the Light; keep them clean and clear and loved and cherished.

Reflection

The openness to be of service may be your getting out of the way and realizing that what is really here as an action of service is for the situation to take its course now.

The service may be that you are to let it be and let the person take their own course. You are to step back, to go to a neutral place.

Reflection

When we're serving, we let go of the orientation and expectation that has to do with, "What am I getting out of this?" or "What's in it for me?"

When that approach is up for you, it's important to take a look and find out how you are serving yourself and what's going on. We say this as, "Take care of yourself." We could equally say, "Serve yourself."

We need to be fulfilled in our own level of being served and taken care of in order to fully serve others.

Reflection

Join those who are serving so that you are united in changing this world to a paradise established by God, a paradise where there is prosperity and beauty for all and where all are honored in who they are.

The Blessing

We are here to assist, to extend a hand, and to see that there are beautiful things prepared.

There is a sanctuary of peace. There is joy. There are opportunities to rejoin families and friends. The joy is inherent this day.

Thanks be to God.

Soul

Your Soul is never diminished. It is never broken. It is never handicapped or sick. It does not die. The Soul thrives entirely, and it thrives on everything in life.

Reflection

Our response to the conditions of life may be very dysfunctional, yet the Soul is always thriving, using everything for its learning, growth, and upliftment.

The Soul thrives on life. Every condition, every occurrence, every part serves to nurture and expand the radiation of the Soul.

That is the power of the Soul. It takes every bit of negativity and converts it into God's love. That love is a constant blessing.

Reflection

When you are in alignment with Soul Transcendence, it is the highest good of all concerned.

You are working with all of your levels, but the focus is with the Soul, the true self.

Reflection

The Soul is always asking how it can use any circumstance for learning and growth.

Spirit

The substance of the reality of Spirit is an eternal loving quality, and it is our opportunity in the Spirit to uphold the spiritual standard—to love all.

Reflection

When we experience appreciation and gratitude for things as they are, without expectation or demand for change, and when we accept things the way they are, we are on to the blessings that are present.

Are there greater blessings? Yes. Always, yes. So we ask for the greater blessings. And even if there is suffering and pain and if there is confusion, anger, and mayhem, we can still start by looking for the blessings in the present situation.

Often the blessings begin with learning what can change—indeed, what needs to change for the better—and calling for whatever can serve the blessings to become. We can begin making better choices that contribute to the blessings.

So come into the awareness that God is always blessing you and all in creation. God is the source of all the blessings. As you allow an attitude of gratitude to come present, you realize that greater good is always available, regardless of what conditions are present, regardless of what has been done or will happen. For God always loves Its creation through the miracles of replenishment, restoration, renewal, and rebirth.

Regardless of what is confronting you or the

difficulty you face in any moment, you always have the opportunity to change and direct your choices into greater blessings. Your choice for greater blessings always begins with you.

Be careful of whatever within you that attempts to throw up the lie, to justify not changing for the better, giving all the reasons why you should not choose for the better. Dare to change for the better. Find the courage, find your freedom, find your willingness, and keep your focus on the blessings, which is the greater good available to choose now.

The blessing is that you are always learning what is important for your growth and fulfillment. That is an eternal blessing by God for you and everyone. Any situation that teaches you what is important and what is not important is a blessing.

Baruch Bashan.

Reflection

The consciousness of God that is the Beloved, the Holy Presence within that reveals our wisdom, is bringing forth our healing and cleansing. We are open to receive and learn right in this moment, and we now choose so these blessings are done.

We give up our doubts, our fears, and any restrictions so that we are fully blessed and prepared right now to begin anew.

Message

The Spirit is with you absolutely, 100 percent.
It is your ally.
It is your friend.
It is going to do everything that you need.
So call on it,
and bring yourself forward to the Spirit.

Charge yourself with Spirit.
Infuse yourself with Spirit.
Live Spirit's way.
That is the way that goes through the Sound of God,
the name of God,
the word of God.
It is openly offered to you.
It is freely given.
Are you freely choosing?

As you freely choose yourself into the grace of God,
calling upon the name of God morning, noon, and night,
and every time in between,
then you infuse yourself with God.

You become one with God.

Spiritual Promise

You let go and you let God. You are patient and you relax. And God fulfills the spiritual promise in and through you.

Reflection

The spiritual promise is not of this world. It's in Spirit. It's of God and in the perfection of what God is, always regardless of the conditions and limitations that appear in the world.

When we open our consciousness and have a glimpse or a realization of that spiritual promise, something transformational takes place. It's as though we're all candles, but we don't really know what that means until we're lit up. That's really the promise of a candle—that it is to be lit—and illumination is the fulfillment.

The candle really doesn't have its true meaning until it is lit. We don't have our true meaning until we are awake in the Spirit. And we are going to do that as our natural destiny.

Reflection

Someone said to me, "Maybe if I stick around long enough, I will learn."

But even if you don't stick around long enough, Christ Jesus and friends have you covered. So relax, take it easy, enjoy the ride, enjoy the scenery, and before the next bell rings for an angel with wings, you will be home free, meaning that as you make the claim to your spiritual heritage, then you come to know you are home free.

And even if you don't always realize that fact of life, it is still true. So smile just the same.

Reflection

This is a place where each Soul is embraced, held like a newly born babe in the arms of the Beloved, welcomed as the promised one, the one whom God has spoken of throughout eternity.

The evidence is that you are here now. This is a place where the Beloved can live and reign as you. So seize this moment, that you do now choose the Light again, that your life tells the story of loving no matter what has preceded.

Know in your heart of hearts that you were born in the Light. In the Light and love of God forever more, you are called forth.

The Blessing

Dear Lord and all of Your creation, we bring ourselves before You to the holy place, that You have contacted us in the consciousness of the Soul.

We ask that You open up our individual consciousnesses so that we may have Your truth and love revealed to us and that we may expand our ability to comprehend and understand.

We give thanks for the consciousness we call the Christ and the Mystical Traveler. We appreciate that the opportunity is rarified, as many

are called but few choose back.

And what does it matter how many have chosen when each one You have chosen meets up directly with You? In Your consciousness, You take each one in completely, such that each of us becomes the Beloved. And as You are the way, each one chosen by You becomes the way and the truth and the Light.

Those of us who are gathered together as the Beloved and who, for now, remain in this world give thanks for Your protection, for Your strength, and for knowing the purpose that is the Soul. We are here to fulfill the spiritual promise. We are here creating through grace, the grace of the Beloved.

Baruch Bashan.

Trust God

Become unlimited in your trust of God. It is in this state of awareness that you are never given anything you cannot handle.

Reflection

We bring our attention into the experience we have with God's way. We begin with an inner experience of revelation, in which we realize our own responsibility to choose back. As we have that revealed to us, we take on that responsibility.

If you have a single glimpse of a moment in which the Light and energy of God is revealed, even just for an instant, you then have a responsibility for the rest of your life. You have seen and you have known in that instant. You might have a sense like, "Maybe I made that up. Maybe that was not real. Maybe I am no longer worthy. Maybe God faked me out. Maybe that was the devil masquerading. Maybe, maybe, maybe."

Regardless of the conditions, we are called upon to hold with our trust in what God is revealing as the "Light, the Truth, and the Way."

Reflection

As we learn to live in trust in God, the one who created all, then we also learn to put aside any part of us that is attempting to live in separation and isolation. We surrender any sense of fear in the trust of God, and choose through faith and trust that God has prepared us for all conditions perfectly.

These negative things that come to cause self-doubt and to see the darkness teach us to rise up in the levels of God that have yet to be experienced consciously. This world is a place that causes us to encounter our God-given strengths and the power that is the Divine.

Reflection

We are in some way those children who are calling out to God and looking for God.

We may not be sure how that is going to work, so we present ourselves in spiritual exercise, prayer, worship, and acting in devotion. And we ask for whatever assistance can be given to us.

And then we let go, which is really to be at the mercy of God. When we find our trust in God, we know how to act in faith. And re-

gardless of the perils and challenges we face, we know that grace is found in the love of God.

Truth

You will be well served by determining what you stand for and the truth that sets you free.

You need to be willing to do what's true in your heart of hearts.

Reflection

Strive to lift your awareness past the binds of early travails and attachments to the love and Light that is the eternal truth.

Reflection

There eventually comes a time when you realize, "I want the real thing, I want my source, I want to awaken and throw off these layers of illusion and the perceptions that are not real. I want to take to the truth of who I am."

As you put forth truth in your consciousness, the Traveler comes forward to meet you and work with you to do those things that are truthful. But you need to be willing to take off the layers of attachment and illusion. Truth requires

that you stop your negative identification, focus, and choice. Then the truth that sets you free from the negativity is engaged in your fulfillment and liberation.

Prayer

Lord God, once again we give thanks for the opportunity to be with You. We ask that You bring us forward from whatever we have chosen that would keep us lagging or restricted from knowing You.

Lift us from our pretenses and falsehoods that we have placed before ourselves as judgments and false knowledge. We ask that You take away the illusion and that You may assist us, regardless of what we have done.

We come to You in grace, to the door of forgiveness. Restore our joy and courage, that we can go through each day and whatever meets us, knowing the blessings of each moment and being glad in what we behold as eternal truth.

We bring our enthusiasm to do the best we can. We trust that You are always with us and that You have prepared the way.

There is nothing against us that will ever last. Whatever negativity we find shall not prevail. We

are resurrected in the Christ. The Holy Spirit is our companion.

You bring the Lord's hand to touch us, strength to lift us, vision to look upon Your face, Light to let us see the truth, and wisdom to know that Your will is done. And we find everlasting peace in Your loving embrace.

Baruch Bashan.

Who We Are

You are a great person because you started out that way, and you are still that way in spite of what you have accrued to the negative.

Reflection

When someone is confused, disconnected, and separate from their true nature, they will relate to themselves falsely, as unhappy, sad, and depressed, as no good, and unworthy, and rejected.

The reality of who you are is that you are good.

You are blessed.
You are happy.
You are joyous.
You are true.
You are whole.
You are capable.

Be good.

Reflection

What you are seeking will be delivered. It will come to you in perfect ways so you can know either the illusion to release or the truth to behold.

Through God we do have a dedication and consecration of who we are. Through God we are the ones who have care and consideration for one another.

Reflection

Once we come upon that consciousness of who we are, we know the Spirit and the Soul of our being, which radiates and is aware of the God essence. We know our natural course, to live and enjoy life and to constantly grow, so that every experience that comes to us is a nurturing experience at the level of the Soul.

Worship

Worship doesn't have to be something really specific, like what you see or hear or sense. It can just be the realization that you are loved and nurtured, that you are taken care of and protected, a chance to re-source and to regenerate in the Divine presence.

Reflection

There is something truly wonderful that goes on when you worship. You are placing yourself before the one that you would most want to be with and see and know and hear and touch, to come into that presence and move in consciousness beyond the world.

Reflection

Calling in the Light of God is not necessarily a ceremonial, ritualistic practice. Sometimes we pause to behold the Light already present. In a simple moment, we may realize that in the Light, the request is already done. All is answered according to what is best. As much as we think we need to do it all, we really don't do anything. And taking a moment to do nothing and pausing to be a witness to God's presence is often the smartest thing to do.

Your devotion in worship is of great importance. If you are not willing to spend time in worship because other things are more important to you, then you might as well realize whatever you are making more important.

If your Father misses spending time with you out of His love and adoration, don't you think that He would be pleased with whatever time you spend with Him rather than none at all?

We are all children being raised by our Father God and by our Mother God. This whole planet is about being one big family. Our planet is our current home. We are all learning and growing up here. God is within all of the creation, and we are in this together.

That is one of the key messages: we are in this

Resources

Many of the blessings and quotes in this book were excerpted from the greater body of John Morton's work. Some of John's other works, such as audio and video seminars, were done in conjunction with John-Roger (J-R).

The work that John Morton and J-R do is an expression of a spiritual consciousness referred to as the Mystical Traveler. The blessings and teachings come from that source, and both John and J-R have their own unique way of presenting this special information.

If you've enjoyed this book, you may want to explore the teachings more deeply through the Movement of Spiritual Inner Awareness (MSIA), where John Morton serves as Spiritual Director. We suggest the following resources.

SOUL AWARENESS DISCOURSES—A Complete Home Study Course For Your Spiritual Growth

The heart of John-Roger's teachings, Soul Awareness Discourses provide a structured and methodical

approach to gaining greater awareness of ourselves and our relationship to the world and to God. Each year's study course contains twelve lessons, one for each month. Discourses offer a wealth of practical keys to more successful living. Even more, they provide keys to greater spiritual knowledge and awareness of the Soul.

A yearly set of Discourses is regularly $100. MSIA is offering the first year of Discourses at an introductory price of $50

To order call MSIA at 323-737-4055 or fax: 323-737-5680, or go to the online store at www.msia.org

THE BLESSINGS ALREADY ARE by John Morton

$25.00

To order call MSIA at 323-737-4055 or fax: 323-737-5680, or go to the online store at www.msia.org or on Amazon.com and in bookstores.

SOUL AWARENESS TAPES/CD (SAT) SERIES

These audio tapes/CDs provide a new talk by John-Roger every month on a variety of topics, ranging from practical living to spiritual upliftment. In addition, SAT subscribers may purchase previous SAT releases.

$100 one-year subscription

To order call MSIA at 323-737-4055 or fax: 323-737-5680, or go to the online store at www.msia.org.

LOVING EACH DAY

Loving Each Day is a daily e-mail message from MSIA that contains an uplifting quote or passage from John Morton or John-Roger, intended to inspire the reader and give them pause to reflect on the Spirit within. Loving Each Day is available in four languages: English, Spanish, French, and Portuguese.

A subscription is free upon request.

To subscribe, please visit the web site www.msia.org or fax: 323-737-5680.

MONTHLY WEBCASTS

John Morton presents monthly workshops and seminars on the internet which can be accessed by visiting www.msia.org and clicking on the "Live Webcast" button.

DVDs and CDs

The following are audio and video recordings of some of the lectures and classes John Morton has presented:

DVDs:
Who Am I?
Playing A Round with God?
Moments of Peace—Sending Light and Peace Around the Planet
Everyday Soul
First Blessings
What Has The Greatest Value?
Loving For All
The Law and Spirit
What is the Perfect Alignment?
Confronting Peace

CDs:
Listening for the Lord
Gathering of Peacemakers (with Leigh Taylor-Young)
1000 Ways to Happiness and Healing
The Sacred Sanctuary
Inner Worlds of Meditation (with John-Roger)
Words of Comfort for Challenging Times (with John-Roger)
Money: The Great Mirror of Consciousness

We welcome your comments and questions.
Contact us at:

MSIA
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Los Angeles, CA 90051-1935
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*"**This book is a blessing.** One reads it to enter into the soul's high purpose and comes away ignited with the blessing of spiritual communion, a gifting of grace, a deep knowing of one's true relation to God. John Morton offers us the genius of one who has dwelt in the spiritual fires, honed his heart into the utter simplicity of one who receives the Spirit as a natural moment by moment gift. That is why this precious book is so important in a time in which the well being of all requires that treasures of Heaven must be brought to Earth."*

—Dr. Jean Houston, best-selling author & researcher

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About the cover photo: *Many children born to MSIA students receive a "Baby Blessing." The photo on the cover is a baby receiving such a blessing from John Morton.*

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jmbooks@msia.org

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